



ABOUT ISVARI

Isvari is an E-RYT500 with Yoga Alliance, Yoga Therapist; and has M.S. in Nutrition Education. She also has an MBA in International Finance and a Bachelor of Arts in Philosophy. Well trained in Anusara Yoga and Therapeutics, Isvari has been an active yoga participant and instructor for over 10 years and continues to teach and mentor others throughout the Atlanta community.

Integrating dynamic alignment principles and skillful sequencing, her love for yoga shines through with each thematic class, providing an authentic, heart opening experience wherein students playfully and gracefully unlock greater potential within themselves.

When not on the mat, she manages and markets her silk pillowcase company, Silks by Isvari. To learn more about Isvari go to: www.isvariyyoga.com



The Roots Sequence Workshop

With Isvari Verre

Saturday, June 8
from 1pm-3:30pm
\$35 per person

This 2 1/2 hour workshop with Isvari will go through the complete Roots Sequence of the base poses while allowing sufficient time to consolidate the actions you will need to fully embrace the therapeutic alignment.

This sequence incorporates therapeutic principles of alignment to open the body in a balanced way, to help alleviate imbalances in the nervous system and to realign the healthy curves of the low back and neck to get one's energy moving in optimal flow and healthy pulsation. We will specifically work on opening up the hips and shoulders in each pose to create an overall improvement of postural alignment on and off the mat.

All levels welcome.

431 W. Ponce de Leon Avenue, Decatur, Ga
404-377-4899 • www.decaturhotyoga.com