



Introduction to the **Bow-Spring: Spring Into Life**

With Isvari Verre, E-RYT500

Sunday, March 29

1:00pm-3:30pm

\$40/per person

Imagine finding more ease in everything you do and imagine pain disappearing. In this workshop, students will learn the fundamentals of the Bowspring Alignment. The Bowspring is a dynamically balanced postural shape that offers a new view on body alignment that keeps your posture optimal at any age.

The Bowspring is an ideal shape which can be applied to yoga poses, dance, sports, and most importantly, to everyday postures and movements like sitting, standing, and walking. It provides for balanced tone on both the front and back of the body, resulting in graceful lightness and whole body strength. The practice targets pain-reduction, patterns of protection and is designed to open parts of the body commonly closed off.

The Bowspring practice incorporates therapeutic principles of alignment to open the body in a balanced way, help alleviate imbalances in the nervous system; and realign the healthy curves of the back and neck to get one's energy moving in optimal flow and healthy pulsation.

This workshop is designed for anyone that wants to improve their everyday posture and for teachers looking to add to their knowledge base and continued studentship.

You will leave with insights about how to immediately optimize your posture on and off the mat and become aware of how to realign lifelong postural imbalances.

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