

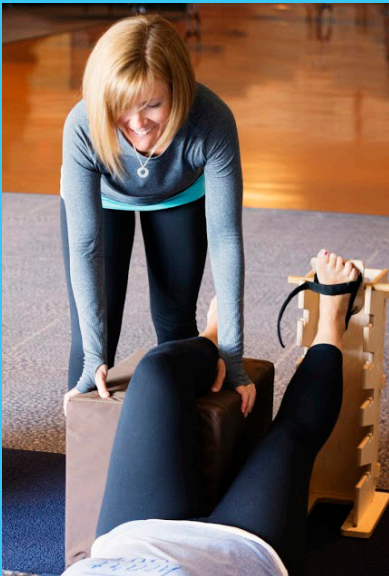
# Whole Body Alignment Intensive and Teacher Training

April 8, 15, 22, 29, May 6, 2018

9 am - 4 pm each Sunday (includes one-hour lunch)

w/Jill Gaumont

Tuition - \$515 (includes training manual)



- **Learn** the “ideal” anatomical alignment points and how to recognize when your own body is out of alignment.
- **Explore** basic anatomy and how to maintain natural ranges of motion.
- **Become** aware of how ingrained movement habits might be affecting your alignment and your experience of wellbeing.
- **Discover** postures, exercises and realignment yoga sequences designed to bring about better body awareness, enhanced mind-body connection and whole body alignment.



Suitable for all ages, body types  
and experience levels.

