

The Shoulders: *Open Your Wings* with *Sean Tebor*

Often mysterious and elusive, proper shoulder awareness is fundamental to our health and our sense of integration with the world around us. Yogāsana and key anatomical insight offer great opportunities to open, balance, and strengthen the dynamic union of the arm and trunk. Join us for this special yoga intensive focusing on the shoulders and related anatomy as it is applied in asana and everyday living. Learn to let the shoulders breathe. Yoke the hands, arms and shoulders to the core with articulation and strength. *Open your wings!*

May 29th-31st, 2009

Friday 6-8PM

Saturday 10AM-1PM & 3-6PM

Sunday 10AM-12:30PM & 2-4PM*

**Special: Hasta & Pāda Bandha:
Rooting the Limbs in the Core*

\$195 Full Weekend (\$175 if paid by May 15th)
any single session \$50 except Friday (\$35)

Heights School of Yoga

Houston, Texas

713.522.1551

www.heightsschoolofyoga.com

