

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. Yogasana 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!*

November 13th-15th, 2009

Friday

Shoulders & Neck Detox 7-9PM (\$28)

Saturday

Breathing Shoulders 10:00AM-1:00PM (\$40)

Shoulder Anatomy 3:00PM-5:30PM (\$35)

Sunday

The Four Corners 10:00AM-1:00PM (\$40)

for session details visit:

www.innerfreedomyoga.com/workshops.php

Full weekend \$130

(\$120 before October 31st)

