



invites you to attend an

Adjustment & Partner Workshop

with Rich McGowan
Assisted by Maura Rassman

Saturday, October 18th, 1:30-4pm
\$30 in advance, \$35 day-of

Come and learn hands-on adjustment techniques in an exploration-based setting. This workshop will give participants one-on-one experience in adjusting others. **NO PARTNER NECESSARY!** Students will work with many partners of various sizes and abilities in order to learn appropriate adjustments for all body types and skill levels. Students will receive teacher instruction in adjustments and constructive feedback from a variety of partners. We will also include time for some playful partner postures!

This workshop is appropriate for beginning teachers and all practitioners who are interested in learning how to properly give and receive adjustments

The workshop content will consist of traditional Ashtanga postures, and general experience with the Primary Series of Ashtanga Yoga is recommended.

Please sign-up at the studio, or through our on-line store

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