



Abyasa - A Day of Practice

with

Daniel DeGennaro Woltz, BA, E-RYT, YACEP, CMT

Abyasa is a Sanskrit word meaning "consistent, regular practice." Sometimes our practice needs inspiration or an adjustment in our understanding to encourage our commitment to consistency, and this day is meant for just that. In this workshop we will play with all the categories of asanas in sequential order for appropriate practice, along with enjoying a luxurious experience of pranayama and relaxation. There will be a short break for tea and light snacks.

Saturday, January 13, 2018

11:30 a.m. to 4:30 p.m.

Cost: \$85 (4.5 CEU's with Yoga Alliance)

(class size limited to 15 students)



We are very happy to have Daniel offer this workshop at the School House Yoga Studio for yoga instructors and enthusiasts. She has been the Director of **The Studio at Panterra in Westfield, NY** since 1999. The intention of her work is to support you in experiencing the healing power of breath, yoga and deep rest. She is a 500-hour Experienced Yoga Alliance Teacher and a certified Movement Therapist. She became a Kripalu Yoga Teacher in 1979 and has been a continuing student of the Iyengar tradition since 1982.

Please note: In the event of bad weather, the workshop will be held on Saturday, January 20th.

Registration can be made by contacting terryseth.1015@gmail.com, by January 1st.

School House Yoga Studio
The Studio at St. Mary's: Space to Create
310 East 10th Street, Second Floor, Erie, PA