

February 26-28

\$25 per session*

\$100 five all levels classes*

\$150 full Weekend*

Early Bird by Feb 12*

(\$30 / \$120 /\$180 after Feb 12)



Magic of Alignment with B.J. Galván

An Anusara Weekend Deep Playshop to take you the next level!

Friday

Handstand - o - Rama

All levels with a regular practice

6 - 8 PM

Saturday

AM - Wings of Grace

Standing Poses, Backbends

*8:30-10:00 All Level 10:30-12:30 Int/Adv**

PM - Good Stuff is on the Inside

Forward Bends, Hip Openers, Twists

*2:00-3:30 All Levels 4-6 Int/Adv**

Sunday

AM - Power of Lightness

Potpourri, Hand Balancing

*8:30-10:00 All Level 10:30-12:30 Int/Adv**

PM - Shift Happens

Potourri, Inversions

*2:00-3:30 All Levels 4-6 Int/Adv**

**Int/Adv - Level 2-3 Must be able to kick up to handstand at wall and push up into full urdva dhanurasana.*

B.J., a Certified Anusara Yoga® Instructor, has been blessed with the opportunity to travel the U.S., Australia, and Europe, studying with, apprenticing, and assisting master yoga teacher and founder of Anusara Yoga, John Friend. She currently teaches workshops and trainings nationally and internationally. Contagiously uplifting and passionate about the practice, B.J. will guide and assist you to transform, heal and awaken a full expression of divine beauty and Goodness from the inside out, on and off the mat.

www.bjgalvan.com



Event Venue: Rapid City Swim Center • 125 Waterloo Street

Hosted by: Yoga Studio • 2050 West Main Street • Rapid City, South Dakota • TEL. 605.390.2320

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