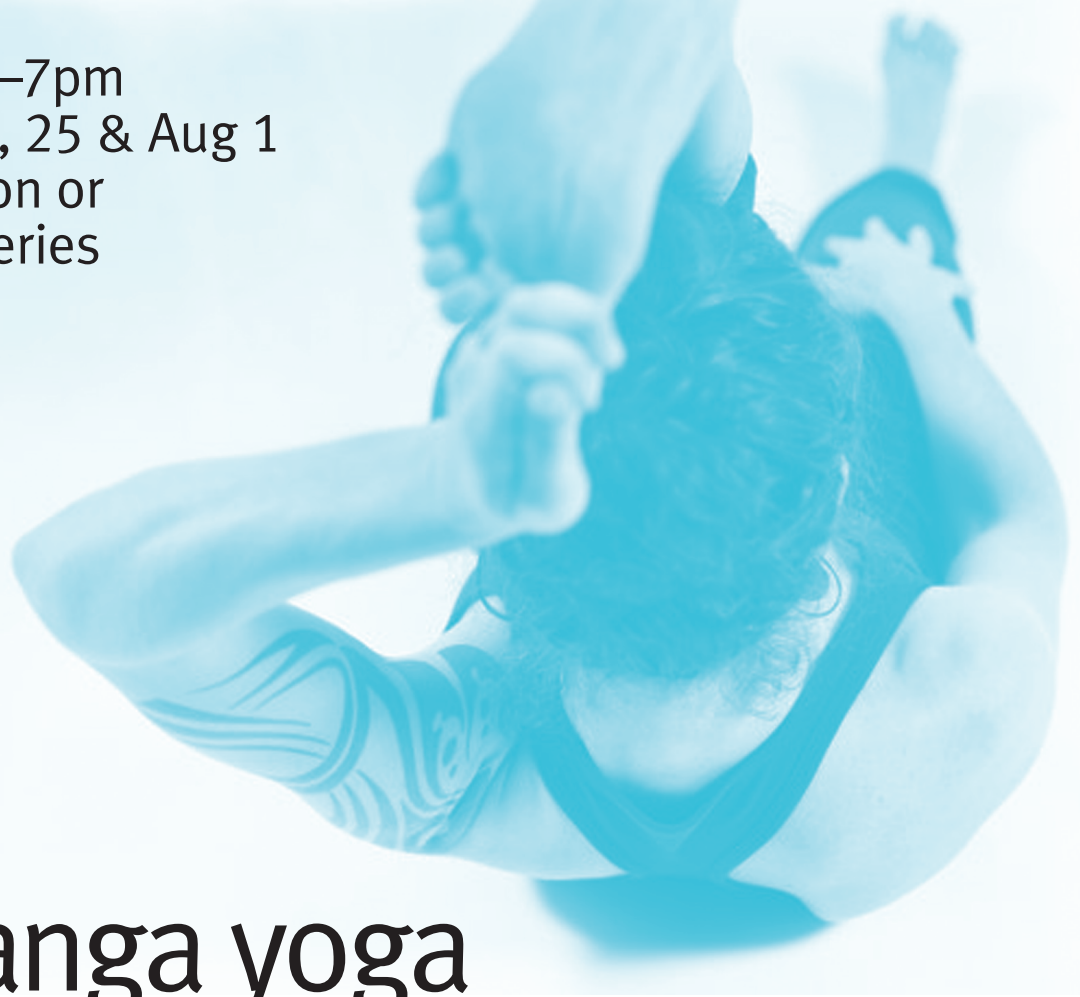


## WORKING THROUGH THE LAYERS WITH RENEE SILLS

Sundays 5–7pm  
July 11, 18, 25 & Aug 1  
\$35/session or  
\$120 for series



# ashtanga yoga

## from the inside out

This workshop will focus on the Ashtanga primary series, exploring the intricacies of the postures and their modifications. Each session will focus on Surya Namaskar, standing and finishing postures (backbends and inversions) and will progress systematically through the primary series and transitions, developing the ability to move fluidly between the asanas. Students will learn the foundation and intention of each posture and its affect on the body as a whole, including which organs support and release in the posture, the connection of the nervous and endocrine systems, the structure of the skeleton and the role of the bandhas and breath. This workshop is suitable for beginners and experienced practitioners alike, for anyone that has ever been intimidated by the Ashtanga practice and for everyone that wishes to deepen their explorations in the subtleties of asana, bandhas and breath.



**RENEE SILLS** has studied dance, movement and yoga since she was a young child. It is through these combined practices that she has developed an understanding of the potential for catharsis, healing and transcendence. Renee has studied various styles of yoga asana, pranayama and meditation. Her principle teachers are Richard Freeman, with whom she continues to study yoga asana and philosophy and Bonnie Bainbridge-Cohen who is the founder of Body Mind Centering.

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