



YOGA CENTER
OF MARIN

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Evlaleah Howard

AS ABOVE, PSOAS BELOW

A Workshop with Evlaleah Howard

Saturday, March 14, 2020 • 2:00–5:00 PM

Moving past fad lingo “*core strength*,” Evlaleah will teach you the greatly beneficial aspect of developing awareness of the psoas system for elaborating:

- Upright posture in meditation & pranayama
- Balancing planes of the head, limbs & torso
- Spatial and proprioceptive sensibility
- New freedom of motion of stiff body parts
- Securing lasting spinal health
- Heart and lung prowess

EVLALEAH HOWARD is a Senior Level Certified Licensed Iyengar Yoga Teacher and Licensed Spinal Therapist. BKS Iyengar trained Evlaleah for over four decades to practice and teach yoga and to train and assess teachers. Currently she is completing a book on spinal whiplash. She is also a founding teacher of the Iyengar Yoga Institute, SF and Founder of the BKS Iyengar Yoga School in San Francisco.

THIS WORKSHOP:

- All levels
- Register early!
- \$30 if registered by Feb. 15
- \$48 after Feb. 15

Use this form to register or register online. Pre-registration is encouraged for all workshops.

WORKSHOP/date & time: AS ABOVE, PSOAS BELOW with Evlaleah Howard / March 14, 2020 • 2-5 PM

Name: _____
 Address: _____
 City, State, Zip: _____
 Phone: _____
 email: _____

HOW DID YOU HEAR about this series? Flyer Website
 Ad Friend Drive/walk by Other _____

PAYMENT BY: check MC/VISA AMOUNT: _____
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FOR A COMPLETE SCHEDULE of our classes and workshops, check our website at www.yogacenterofmarin.com



01/23/2020