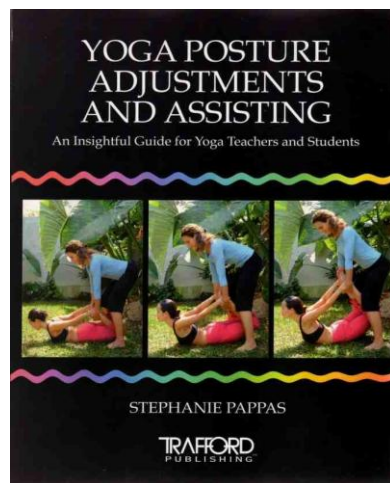


The Art of

Yoga Posture Adjustments

2010 spring workshop at The Yoga Place
6990 Whipple Ave. NW, N. Canton, Ohio



with Author/Yoga Teacher Stephanie Pappas, E.Y.R.T. 500

Saturday May 1, 2010, 1:30pm-6:30pm

Sunday May 2, 2010, 9:00am-3:00pm (1 hr. lunch break)

Learn the art of giving and receiving hands-on yoga posture adjustments for backbends, folds, twists, standing poses, inversions, and more.

This 10-hour workshop is designed for yoga instructors, trainees, or passionate yoga students who wish to deepen their experience of the postures, and develop their hands-on assisting ability.

Stephanie Pappas is the author of the book, *Yoga Posture Adjustments and Assisting* (www.YogaPostureAdjustments.com), and the upcoming book *Yoga at Your Wall* (www.YogaAtYourWall.com)

Cost: \$165 (Certificate of completion given)

The book is available on amazon.com. Please bring with you to workshop.



For more information & pre-register contact
Michael Curtis at 330-499-2863
email: info@TheYogaPlaceOhio.com