

Inversion Excursion Workshop With Certified Anusara Yoga Instructor Karen Rider

Saturday, February 4th
from 2-4pm

Come play and turn your world upside down for a new perspective for the New Year! Shift fear into empowerment, increase circulation and improve mental focus and alertness with these powerful poses.

Karen will guide you through the alignment principles (with an emphasis on the shoulder and core principles) necessary to safely go upside down to enjoy the many benefits that inversions have to offer.

Whether you are newer to inversions or more seasoned, you will gain greater confidence and refinement to bring these poses into your practice on a regular basis.

Investment

\$35 by 1/31 and \$45 thereafter (plus tax)

FOR ALL-LEVELS



About Karen Rider – RYT - 500 - Certified Anusara Instructor
Karen Rider, RYT-500/Certified Anusara Yoga Teacher. After initially coming to yoga over 15 years ago to get relief from sports injuries and back pain, I began to discover the transformative healing powers of yoga. I became more aware that freedom is our true nature and we have the ability through the practice of yoga to regain what is already innate: ultimate freedom in our bodies minds and hearts. My intention to teach grew from my desire to share with people the gifts of yoga and help them to heal their pain, discover their infinite potential, and cultivate greater strength and flexibility. After studying several Hatha yoga traditions, including Ashtanga and Iyengar, I then discovered Anusara yoga, which infused a deeper and more profound passion for my practice. Anusara yoga means to “follow your heart”. I have had the great blessing of training directly with John Friend, the founder of Anusara yoga. I have extensively studied the art of teaching, adjusting and therapeutic yoga as well as philosophy and meditation. I continue to study with John Friend and renowned philosophy and meditation scholars Paul Muller-Ortega and Dr. Douglas Brooks. I am truly grateful for these gifted teachers as well as all of my teachers and students who inspire me daily.



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Elements Yoga is a sunny and welcoming studio in easy to reach Darien, CT via Metro North: 45 minutes from Grand Central and 35 minutes from the 125th Street Stop in NYC