



Saturday
March 20th
3:00 pm - 5:30 pm

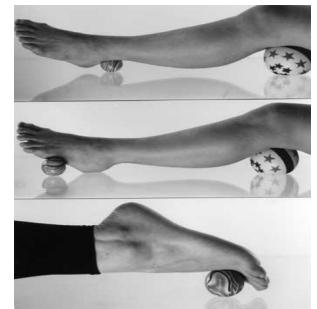


Kinetic Awareness with Ellen Saltonstall

Kinetic Awareness (KA) is a bodywork system designed to release chronically tight areas of the body, enhance awareness and breath, and facilitate greater range of motion. KA is complementary to yoga practice and a fabulous injury prevention and rehabilitation. The unique feature of KA is the use of rubber balls of varying sizes and textures to support, massage, and stretch localized areas. This workshop will present a variety of KA techniques chosen according to the needs and requests of the participants. The balls will be available for sale at the end of the workshop.

LEARN HOW TO:

- **Relieve stress, tension, & chronic pain in specific areas of the body**
- **Increase body awareness and reduce restrictions in yoga practice**
- **Enhance breath, improve alignment, and increase range of movement**
- **Prevent and rehabilitate injuries**



Investment:

\$35 by 3/16 and \$45 thereafter
Pre-registration is required by 5pm on Friday, 3/19

Venue:

Elements Yoga
354 Heights Road ~ Darien, CT 06820

This session is designed for new students to KA and will also be a continuation for those who attended the our last KA workshop with Ellen. New material will indeed be presented.

203-655-9642

www.elementsyoga.com

Located across the street from the Noroton Heights Train Station ~ Just 45 minutes from Grand Central Station, NYC.

About Ellen: Ellen is certified in both Anusara Yoga and Kinetic Awareness. In addition, she is a coveted teacher trainer and author. She has over 20 years of bodywork experience and is known as an expert in her field. She is the author of the books *Kinetic Awareness: Discovering Your Bodymind*, and *Yoga for Arthritis*. Books in the works include *Yoga for Osteoporosis* and an anatomy text for Anusara students. Aside from teaching at her Manhattan studio she travels nationally and internationally sharing her knowledge of these healing modalities.

Books by Ellen

