

Strength & Alignment

YOGA FOR STRENGTH & ALIGNMENT WORKSHOP WITH DESTRY TURNER, RYT-200

Saturday February 18 • 11am-1pm

\$20, pre-registration preferred

Turtle Island Yoga
7A Mariposa Avenue
San Anselmo
415.721.1563
www.turtleislandyoga.com



Learn to strengthen and engage specific muscles to transition in and out of poses safely.

This challenging class is focused on teaching the body to move as a whole - working to prevent injury and support a life-long practice. Please expect strong abdominal and back work, as well as arm balances. This class is open to all levels; the instructor will meet you wherever

you are in your practice. For more information: 707-478-0350.

DESTRY has been a student of yoga since she was very young---though she didn't necessarily know she was "doing" yoga until later. It started with a yoga book for kids, with an old man in a turban. She became fascinated by the funny shapes you could make with your body. As a teenager, she stumbled upon another book teaching more about the sacredness of movement/asana. Her first yoga class experience, at age 18, was taught in the Iyengar tradition. Destry feels she has been blessed with many amazing teachers! Her practice evolved from something private and personal to realizing yoga was a gift to share. After a very serious accident at 22, Destry took her first Ashtanga class and felt a combination of being run over by a bus mixed with the true strength of yoga's healing power. A year later she took her first teacher training with Ashtanga teacher Tim Miller. Since 2004, Destry is honored to have taught all over the world with classes ranging from one to fifty students.

Name _____

Phone Number _____

Email _____

Register through PayPal, at www.turtleislandyoga.com, or send your check, payable to Turtle Island Yoga, PO Box 216, Woodacre, CA 94973.