

HATHA FOCUS

Led by Deborah Burkman



This Vinyasa flow class has a workshop feel. Each week we work with a theme that allows us to go in-depth to understand a particular aspect of our practice. The theme may be shoulder stability, hip opening, back bending, or core strength, for example. The class is highly influenced by the principles of the Ashtanga system and incorporates bandha and ujjayi breathing. While we don't do the Ashtanga sequence, you may notice hints of it. The class is for all levels. Modifications will be given to make sure everyone is challenged while feeling safe and successful. Please bring your mat.

WHEN:

Tuesdays 6pm to 7:30pm. (Doors open at 5:45pm)

WHERE:

Rockridge, Oakland. Please email Burkmanyoga@gmail.com for the address.

WHAT:

Hatha Focus: This is a Vinyasa flow class with a workshop feel. We will have a different theme each week. This week will be Back Bending. All levels welcome!

COST:

Drop-ins \$20

Five class card \$90 (good for three months)