



Build Your Bandhas and Learn to Lift

with Lisa Pisano

This 2-part workshop series is appropriate for students of all levels and designed to help students build strength in their yoga practice. The first part of the series will focus on upper body strength and building the bandhas. The bandhas are the foundation of many yoga poses, particularly poses that involve lifts. The Uddiyana Bandha is the contraction of the abdomen into the ribcage, and the Mula Bandha is the contraction of the perineum. In this first workshop, students will learn how to find and engage both of these bandhas which will lead to the development of a stronger core.

Building on the first workshop, the second part of the series will allow students to take their yoga practice to a whole new level. Various arm balance poses will be explored such as Bakasana (Crow/Crane Pose), Astavakrasana (eight angle pose) and Eka Pada Koundinyasana. Arm balance poses strengthen the muscles, bones and joints of the hands, arms, chest, shoulders, back and abdominals. The mind becomes more focused and happy when yogic flight is achieved. Are you ready to take your feet off the ground?

Workshop Series: \$50

(\$30 for each individual workshop)

Build Your Bandhas Workshop: Thursday November 10, 2016 8:00pm - 9:30pm

Learn to Lift Workshop: Thursday November 24, 2016 8:00pm - 9:30pm

There are a limited number of spots available so please reserve your spot if interested. Deposit will be required upon reservation. Please contact Lisa Pisano at info@lisapisano.com.