

# The Root and The Crown

## Weekend Workshop with Lynne Minton

Join Lynne for an exploration of standing poses and inversions, an introduction to applied anatomy, and an introduction to the Yoga Sutras of Patanjali.

Karen Greenwood will also be condensing 3000 years of yoga in to a 45 minute tale.

Three ways to register via our website (workshop page), call 277-7037 or ask at the studio. Partial attendance optional - call for information



**September, 11 & 12**  
**Saturday and Sunday**  
**9am to noon & 2 to 4pm**

**10 hour Weekend Pricing: \$188**