

# Ashtanga 102

with Taylor Hunt

**Mondays, 6:00 pm - 7:30 pm**

**September 13 - 27 (3 sessions)**

**Price: \$35.00**

This course will be held 3 consecutive Monday evenings, each class building on what was taught the week prior.

**Do you want to take your Ashtanga practice to the next level?**

**This workshop will give you the skills you need to get there.**

**This workshop is for:**

Students proficient in Ashtanga Level I, or who have completed Ashtanga 101, will have an opportunity to learn the twelve asanas (postures) that follow Navasana (Boat pose) and complete the full Ashtanga Primary Series.

**You will learn:**

- Poses will be taught (and shown) and modifications will be given for each.
- All students will have access to postures for their capability, but also know what they are working toward.
- By the third and final week, students will have postures suitable for them to be able to attend full Primary Series classes, thus enabling them to deepen and further their practice.

Clintonville

3526 N. High Street • Columbus, OH 43214 • 614.265.9642

Please visit [www.balancedyoga.net](http://www.balancedyoga.net) for more information