

Workshops at Yoga Sutra



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Universal Principles of Alignment in Lower Body™ with Rhana Harris Sunday, October 19th 2:00 – 5:00PM

Rhana Harris



Rhana completed her first teacher training in 1997. In 2002 she was drawn to the playful spirit of Anusara Yoga with its tantric philosophy of intrinsic goodness and its elegant principles of alignment. She studied with John Friend and many of his amazing Anusara teachers including; Amy Ippoliti, Julie Dorhman, Elena Brower, Lois Nesbit and Zjena La Rosa. Rhana is dedicated to the therapeutic aspects of the Anusara system that has helped her heal her own injuries. Her intention is to convey, through alignment and the breath, an experience of the dynamic balance between stability and freedom in the body, mind and heart.

About the Program

The Universal Principles of Alignment™ offer greater access to deepening your experience of the poses. Align the lower body, learn to strengthen and safely stretch, stabilize and open the lower body in a balanced way by engaging some often overlooked and underused areas. In this class we will work with standing, seated poses and hip openers.

Open to students of all yoga backgrounds and all levels

Where: Yoga Sutra (see above)

When: Sunday, October 19th
2:00 – 4:00PM

Cost: \$35 in advance, \$40 at the door

\$60 for upper/lower together

Please RSVP by phone or email