



## Dynamic Foundational Workshop with Lalitha Rajah

Yoga is an ancient practice that physically builds strength, flexibility and balance in equal measure, as well as calms the mind and soothes a ruffled spirit. What better place to try it than at a foundational workshop designed for beginners to Yoga, also suitable for regular practitioners who are looking to revisit the basics and fine tune their practice. The workshop will be a mixture of practising the postures yourself as well as observing physical demonstrations, and there will be a teacher's assistant providing you with hands-on adjustment in the postures when necessary.

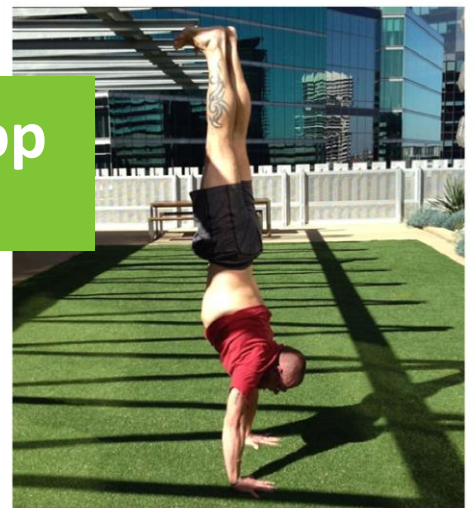
In this specially designed **2 hour workshop** you will learn:

- What correct alignment is and why is it important
- Correct muscle engagement & energetic actions in the postures
- How to get safely in and out of basic inversions
- Connecting your movement with your breath
- Simple techniques for calming the mind
- *Most importantly, you will have fun!*

### Teacher Bio

Lalitha has an international Yoga Alliance accredited teaching certification as well as a nationally accredited certification in Therapeutic Massage, giving her a deeper understanding of human anatomy & physiology. To continue learning and deepen her discovery, Lalitha continues to attend numerous workshops and immersions with various internationally accomplished Yoga teachers, and is particularly inspired by the teachings of Iyengar and Anusara Yoga. Lalitha recognises that everyone learns at their own pace and engages & motivates her students with a blend of love, compassion & humour.

[www.yoga-haven.net](http://www.yoga-haven.net)



Sun 8<sup>th</sup> Sept 2013  
1:00pm – 3:00pm

Door is open from 12:30pm; please arrive no later than **12:50pm** so we can start on time.

**\$25.00**  
2 hr workshop

### Bridge Yoga

273 Bridge Road, Richmond  
*The entrance is the staircase door to the right of the Bridge Road entrance for Richmond Coles, Richmond Plaza*

### To Book Your Spot:

Email [lalarajah@gmail.com](mailto:lalarajah@gmail.com)  
or Call 0425 544 324,  
0427 757 075

**Try not to eat at least an hour before the class – have an early lunch!**