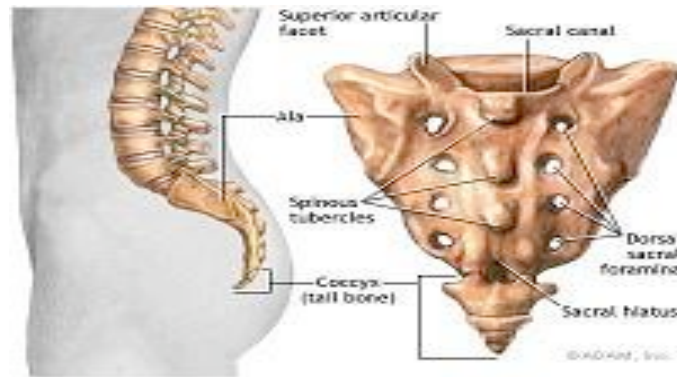


# It All Begins At The Tailbone

## 2 hour Intro to Svaroopaa@ Yoga



Svaroopaa® Yoga's most basic philosophy is that spinal release begins at the tailbone! This workshop will deepen your understanding of the principles of Svaroopaa® Yoga. Utilizing correct alignment and support we will unravel the tensions in your body, beginning at the tailbone. Learn where the tailbone is and how it is connected to the issues of pain and discomfort in your body. This spinal release will then bring a sense of bliss to your entire being.

The Magic Four will be shown in this class. These poses include all five directions of movement. They are suitable for all ages and are accessible to everyone from newcomers to experienced practitioners. The Magic Four is also Svaroopaa yoga newcomers home practice.

Steve has been practicing yoga for over 4 years and has been practicing meditation for over 10 years. Steve is A Certified Svaroopaa Yoga Intro Teacher, and A Certified Embodiment yoga therapy.

**Sunday January 1, 2011 1:00pm – 3:00pm Workshop fee: \$20.00**  
**Class at Just Breathe Yoga 2531 Division St., Suite 103 Joliet, IL**  
**60435**

**Please Register space limited call Steve 815-530-3086 or**  
**salling772@aol.com**