

# Yoga Moves

*Awakening the Intelligence of the Body with Karin Stephan*

**All Levels  
Welcome!**



**RSVP Today as Studio Space is Limited**

727-251-8868 / [yogamovesme@hotmail.com](mailto:yogamovesme@hotmail.com) / [www.yogamovesme.com](http://www.yogamovesme.com)

<b>Instructor:</b>	<b>Master Teacher Karin Stephan</b>
<b>Date:</b>	Friday, Oct 21 <sup>st</sup> – Sunday, Oct 23 <sup>rd</sup>
<b>Cost:</b>	<b>Total Workshop Including Friday Night:</b> <b>\$180.00 Early Bird Special (if paid by Oct. 1<sup>st</sup>)</b> <b>\$200.00 after October 1<sup>st</sup></b>  <b>Observation &amp; Analysis, Friday Workshop:</b> <b>\$45 if paid by Oct. 1<sup>st</sup> / \$50 after Oct. 1<sup>st</sup></b>  <b>\$50 per Workshop (if paid by Oct. 1<sup>st</sup>)</b> <b>\$60 after October 1<sup>st</sup></b>
<b>Where:</b>	<b>1045 9th Avenue North, St. Pete, FL 33705</b>

## **Observation & Analysis** - Friday, October 21<sup>st</sup> – 6:30PM – 8:30PM

Learn and feel the benefits that a well-developed eye can bring into your practice. See and understand the body while developing your intelligence on and off the mat. Karin bases her work on intuition, observation, an aesthetic sensibility, metaphor and over forty years of teaching experience.

## **Alignment & The Asymmetric Body** - Saturday, October 22<sup>nd</sup> – 9:30AM – 12:30PM & 2PM – 5PM

Discover how the various asymmetries in the body affect the way we approach the Yoga asana. From the Ground UP - Our Feet, Our Posture/Our Poses - In this workshop, we will expand our minds and open the body and eyes to a solid foundation for balance and harmony.

## **Advanced Workshop "The Art of Teaching"** - Sunday, October 23<sup>rd</sup> – 9:30AM – 12:30PM

This session is open to teachers, aspiring teachers and/or enthusiastic practitioners of Yoga who wish to explore more deeply their own practice and commitment to the art of the asana with the healing power of humor and empathy.

*Healing the Body and Mind with Yoga, Food, Alignment and Nature*