



QUIET MIND STUDIO
presents

The Art of
PRECISION & ALIGNMENT
in our Yoga Asanas

with **KARIN STEPHAN**, Certified Iyengar Yoga Teacher

In this workshop, Karin will teach how focusing on the art of precision and alignment in the poses can lead to a deeper quality of understanding and practice in our daily lives. We will look at how paying attention to the smaller detail leads to an ease and comfort in the pose as a whole, and also how shifts in the smaller pattern both qualifies and modulates the larger pattern. Individual asymmetries and misalignments will be taken into consideration as we adjust ourselves towards a more aligned and precise sensation in the body. As part of this process, Karin will demonstrate her observation and analysis work giving each and every participant not only a greater understanding of the pose, but a greater understanding of their own bodies as well.

Yoga is precision in action.

— B.K.S. Iyengar

Friday, August 5

7 to 9 p.m.

Saturday, August 6

10 a.m. to 12 p.m.

and 2 to 4 p.m.

\$45 for each class or
\$110 for all three sessions.

Open to all levels.



To register, call or e-mail

508-349-2429 / info@quietmindstudio.com

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