

# Sierra Shanti



# YOGA


# Ashtanga Yoga

With Julie Duff

Saturday May 9

4:00–7:00 pm

\$30



In this 3 hour Ashtanga workshop designed for intermediate students you will receive a thorough overview of various asanas found in the first- fourth Ashtanga series'. Injuries and limitations are ok because you will be offered modifications and progressions that will help you improve your practice. Find humility and grace within the balance of this challenging practice! If you have any questions, please feel free to call Julie at (760)914-0517.

**Julie** Has lived in Mammoth for 30 years and began her studies of the body in nursing at University of Florida. Along with being an avid (and strong!) long distance runner and outstanding athlete, Julie has taught dance, aerobics, and personal training for the past 36 years and continued her education of embodied teachings in Yoga over the last 20 years and Pilates with Sabrina Nioche over the last 13 years. Her study of Yoga has mainly been with Tim Miller in Encinitas, California with an emphasis on the practice of Ashtanga Yoga beginning in her 20's. She has also studied with Maty Ezraty, Chuck Miller, John Friend, Rodney Yee and Richard Freeman. In her 55 years, she has raised a large family and suffered almost every conceivable emotional and physical injury and continues to draw on her yoga practice for healing and balance. Julie offers a strong focus on alignment within the practice and offers great hands on assists to deepen your awareness.

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