

YogaISC™ Fundamentals

Supported & Open w/Dawn Shay

At www.jacksonvilleyoga.com

Sunday, February 21—3:15pm—4:30pm

Cost \$20

Led by Dawn Shay, RYT500

Location: Jacksonville Yoga—www.jacksonvilleyoga.com

391 3rd Ave. South, Jax Beach

Open the Wings of Your Heart—Your Shoulders!

You can take ownership of this spectacular vehicle we were all given – our bodies. Now instead of mindlessly logging running miles or step classes, we will take the time to “look under the hood” and really understand what is going on. What makes us move and what impedes us from moving pain-free, so that we can learn to make a change, make a shift in our own bodies. This takes awareness and acceptance that we must slow down, pay attention, and learn to really feel before we can make a shift.

Blindly and quickly moving through yoga poses will not bring about this shift, it may just bring more injury. We are already too-wired and too much in “flight or fight mode” every day. In YogaISC Fundamentals, you explore the true essence of yoga – the linking of mind, body & spirit – so that through thoughtful movement you reconnect with your body and free yourself from pain.

A growing number of medical professionals are encouraging patients to participate in mind/body classes, such as Yoga. YogaISC™ is a therapeutic approach to wellness. One of the tremendous benefits of Yoga is that the work builds on itself over time. This series is specifically designed to educate individuals about their bodies in a safe progression. Detailed instruction combined with props & modifications will assist students to reach their fullest potential.

In YogaISC™ **Fundamentals**, you explore the true essence of yoga – the linking of mind, body & spirit – so that through thoughtful movement you reconnect with your own body and free yourself from pain. We will use many props – including chairs. But the chair is not the final destination, it is simply a learning tool to help you slow down, find your feet, feel your body and make connections. We offer a place to start, the rest is up to you. Join us and make a shift! **Participants must be able to get up & down from the floor.**

Taught by Highly Trained Anusara-Inspired™ Instructor Dawn Shay, RYT500

Questions? Please contact instructor, Dawn Shay at ddshay1@gmail.com or 476-5004

YogaISC™ Fundamentals Workshop Registration

Name: _____

Address: _____

Phone: _____

Email: _____

Space reserved when payment received. Please mail the lower portion of this form along with your **check payable to Dawn Shay**. Mail to:

Dawn Shay
2338 Oceanwalk Dr. W.
Atlantic Beach, FL 32233

Class size is limited. Register early to hold your place. You will receive confirmation of your registration. Refunds with 24 hour notice prior to Workshop start, less \$5 processing fee. Returned check fee \$20.

- Sunday, January 31 only —\$20
 2 Remaining Sundays—2/21, 2/28—\$30