



YOGIS & YOGINIS

Eye of the Tiger

A Monthly Advanced Practice

Saturdays 9/24 – 10/22 – 11/19 - 4:00 to 6:00 PM

Cost: \$ 26 In-studio - \$ 18 Online

A dynamic guided practice for the seasoned practitioner to explore the dimensions of expanding their capacity. Julie will practice along with you, guiding with nuanced instruction to refine skills and practice familiar poses in a deeper way, venturing toward advanced postures seldom practiced in public class.

Each month will have a different set of pose families that will be crafted into a strong, intelligent and progressive sequence that will include inversions, timings, arm balances, and deeper back bends. Eye of The Tiger is a complete yoga package to expand capacity, and will also offer philosophy, pranayama, and meditation.

Great for the enthusiastic student or teacher interested in strong practice, a playful atmosphere, and community connection. Its recommended you have ongoing experience with ujjayi breath and sun salutations, are able to kick up to the wall in handstand unassisted, and can practice some self-sufficiency. Bring a good sense of humor with that enthusiasm!

- **Sept 24:** Backbends / Standing poses
- **Oct 22:** Forward bends / twists / inversions
- **Nov. 19:** Hip openers / twists / arm balances

Not recommended for beginners or those with current injuries.

All teachers, trainees, TT grads, and those considering TT are welcome, regardless of school, studio, method, or style.

Come prepared to practice and play deeply!

About the Teacher:

JULIE DOHRMAN

Julie has been teaching locally and internationally for almost 20 years and is one of New York's most sought-after teachers. Widely known for her inspiring, intelligent, and practical approach to yoga, Julie has an infectious passion for the practice and views yoga as a means for personal transformation and growth. Her classes are deeply layered, often combining mythic stories and sage teachings from varied lineages with clear instruction, smart, progressive sequencing, plenty of challenge, nuance and depth. Julie is Certified in Anusara Yoga, ERYT-500 / YACEP, and teaches in Brooklyn and NYC.