



YOGIS & YOGINIS WORKSHOP

Restorative Yoga for Transformation: *A Katonah Yoga Practice*

Saturday, January 13 from 4:00 to 6:00 PM

Cost: \$55 In-Studio / \$25 online

Practicing restorative yoga over time opens up a new way of living. Whether one has physical limitations, injuries or simply needs to recharge due to lack of sleep or over exhaustion, a restorative practice is a powerful tool that can be revolutionary. Restorative postures utilize formal techniques of boundaries and scaffolding (rather than habits and feelings) to orient the body and reconcile one's physical and emotional structure. When the mind and body connect in this way, breath and energy move effortlessly through the form, transforming chemistry and kindling a new state of consciousness

Online attendees:

Please have all props to maximize the practice: 4 blocks, 2 blankets, strap and a yoga chair. Any questions or concerns about props, please reach out for substitution options.

About the Teacher:

CARI FRIEDMAN

Cari has been teaching yoga in New York City for over twenty years & leading retreats internationally. After studying and teaching Anusara Yoga for over ten years, Cari has studied many different techniques that she brings to her teachings. In 2012 she began working under Nevine Michaan, founder of Katonah Yoga and Cari's teaching was transformed. She is certified in the Katonah yoga method. In addition, she has completed teacher trainings with Max Strom, John Friend, Ellen Saltonstall and Jimmy and Ruthie Bernaert, among others; she also incorporates the Melt Method and physical therapy techniques into her teaching.