



SHAKTI YOGA presents....



Workshops with Ellen Saltonstall

March 23, 24, 25 2018

Friday, March 23, 10:00-12:30 pm *Melt Away Tension with Ballwork* Bodymind Ballwork is a practical and effective method of self-care using rubber balls of varying sizes and textures to ease tension. In this class we will learn ballwork basics and explore specialized techniques relevant to those attending. Balls will be available for use in class and for home use. Newcomers are welcome. **Workshop Location: Valley School of Dance, 63 Main St., Geneseo**

Saturday, March 24, 3:30-6:00 pm *Build a Strong Foundation: Yoga for the Lower Back, Hips, Knees and Feet* This practice will offer a full range of poses emphasizing alignment, strength and flexibility in the joints and muscles of the lower body. Cautions and recommendations for common muscle and joint conditions will be included. *All-level workshop.*
Workshop Location: Valley School of Dance, 63 Main St., Geneseo

Sunday, March 25, 10:00-12:30 *Stand Tall and Reach Out with Confidence: Yoga for the Upper Back, Shoulders & Arms* If you are sick of having stiff, sore shoulders, join us for this practice, where you'll learn effective ways to release tension and regain ease in your neck, shoulders and arms. As we practice, we'll review the major muscles of the upper body and emphasize finding the balance of opposite actions for freedom and power in whatever you do. *All-level workshop.*
Workshop Location: Valley School of Dance, 63 Main St., Geneseo

FEES: Early bird by March 16: \$40 each workshop. After March 16: \$50 each workshop.
SUNY students: 50% discount.



Ellen Saltonstall, E-RYT 500, C-IAYT, is a certified yoga instructor based in New York City. She has extensive training in Iyengar and Anusara Yoga, a background in professional dance and massage therapy, and has been a practitioner of meditation and yoga for over 30 years. Ellen has published two books with Dr. Loren Fishman: *Yoga for Arthritis*, 2008 and *Yoga for Osteoporosis*, 2010 and her new book *Anatomy and Yoga: A Guide for Students and Teachers*, 2016. Ellen offers yoga therapy webinars through YogaOnlineU.com and she teaches nationally and internationally with a focus on anatomy and therapeutics.

MAIL-IN REGISTRATION FORM for Ellen Saltonstall Workshops 2018

Name: _____

Email: _____ Phone: _____

Ballwork (Fri AM) _____ Build a Strong Foundation (Sat PM) _____ Stand Tall and Reach Out with Confidence (Sun AM) _____

Early bird by March 16: _____ After March 16: _____ Amount Enclosed: _____

Checks payable to: Shakti Yoga Mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454

Thank you!