

WHY WE PRACTICE: WEEKEND IMMERSION

with **Joan Hyman**



Joan Hyman

MAY 18-19, 2019

SAT 12:30-4pm | SUN 12-4pm

YOGAWORKS WEST HOLLYWOOD

\$95 full weekend | \$50 drop-in

Explore the practice of yoga and travel from the outside in.

Explore the deeper elements of asana and pranayama that will add strength and softness to your practice. Learn how to make challenging postures accessible by cultivating Sthira Sukham which is when effort is balance with ease. We will look at both the physical and the subtle energies that help to support postures by managing our energy in an efficient way creating balance and steadiness within.

This workshop is suited for practitioners looking to deepen their own practice, teachers looking for inspiration, and any student who is curious about yoga. One year of yoga practice is advised.

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[YOGAWORKS.COM/WORKSHOPS](https://yogaworks.com/workshops)**



Joan spent fifteen years as a distinguished YogaWorks Senior Teacher before bringing her expertise to Wanderlust as the Director of Teacher Trainings in 2016. A leader in the Los Angeles yoga community, Joan's open-hearted approach to teaching yoga keeps both her inner spirit and her students continuously evolving.
Joanhyman.com