

# Saturday February 4, 2012

## 2:30 - 4:00



### Discovery Lab Part II

Join Gary Edge and Tegan this Saturday to break down traditional asanas into the beauty of flight. In this Lab we will break down Yoga poses into anatomical pieces and use the station to help us understand our bodies and make them better.

These sessions are designed for both brand new students and advance practitioners. Using Aerial Silk Hammocks are a great way to reach deeper into your body to bring depth and range of motion that will enrich your practice. Incorporating Pilates techniques and traditional Vinyasa Yoga in the air, the hammocks challenge the musculature structure in a new and exciting way to wake up dormant muscles and activate the core.

It will include both movement and education so bring an open mind and a pen!

#### Cost Structure

\$25

Included in Workshop will be:  
workbook, photos and light refreshments.

To register please call 901-277-4809, email [tegancroninger@me.com](mailto:tegancroninger@me.com) or visit [www.aerialyogamemphis.com](http://www.aerialyogamemphis.com)

