

workshop with Stephen Ewashkiw

march 8-9

Saturday march 9 – 13:00-15:30: CONFIDENCE

Confidence is key to taking big leaps, and Adventure Yoga is all about helping prepare you for big leaps – and huge shifts – in your life. In this workshop, we will work on getting grounded and reconnected with the foundational poses of yoga. Cultivating a strong foundation will help you to internalize the practice of yoga so you are better able to live your yoga!

Sunday march 10 – 13:00-15:30: PATIENCE

In War & Peace, Tolstoy wrote "The strongest of all warriors are these two — Time and Patience." In this workshop, you will get to work with timed poses, which require patience, focus, and self-restraint. Learning to be patient with yourself and your practice is essential for expanding your possibilities. This is the path to your inner warrior and your unstoppable self.

Open to all levels and ages.

Register at aterrayogagmail.com