

Support=Release – Bridging the Gap

You may be familiar with the support that the blankets and blocks used in *Svaroopa*® yoga provide. You may have heard your teacher say that you can use your arms, legs and abdominals to support, and even release, your spine. Join Kelly for an afternoon focused on poses that will enhance your ability to use your legs instead of your spinal muscles, and perhaps even create spinal release!



These poses will restore your spinal flexibility and create effective spinal alignment, as well as give movement through the internal hip and low back musculature, especially through your sacroiliac joints. Additional benefits include calming your mind, and reducing anxiety and depression – what could be better on a winter afternoon?

Sunday, February 2nd ,1pm-4pm- \$45

Please pre-register by contacting Kelly
via e-mail Kelly@rehobothbeachyoga.com
or call 302-226-7646 and leave a message.
Payment can be made at the workshop.



Kelly (Kushala) Sharp, Certified Svaroopa® Yoga Teacher

Kelly found *Svaroopa*® Yoga shortly after her move to the beach in 1999. The changes in her body were profound within the first few classes. More significant however, were the changes in her mind. After two years of taking classes regularly, Kelly entered *Svaroopa*® Yoga teacher training. She completed the initial 500 hours of teacher training in October 2003, and has been teaching yoga ever since. Kelly has achieved certifications as an Embodiment® Therapist and a Vichara Therapist – healing modalities that are offered in private yoga therapy sessions – as well as a Meditation Teacher, ½ day Workshop Teacher and a Leading Teacher, resulting in over 1200 hours of training.