

Yoga Walking



How do you walk without tightening your spine? There is a way! Join Kelly for an afternoon of learning how to walk with an open spine. By leaning weight into your feet and legs, and using your leg muscles to walk instead of your spinal muscles, you may even find that you can create a release of spinal tension while you are out for a walk. You will delve into poses that support your walking lessons, and then take your skills and put them into practice as you walk.

You will never look at walking the same way again! This workshop is appropriate for students at all levels of experience.

Saturday, June 19th, 1:30pm-4:30pm - \$45

Reserve your spot on [Punch Pass](#).

Email any questions to
Kelly@rehobothbeachyoga.com



Kushala Kelly Sharp, Certified Svaroopa® Yoga Teacher

Kushala 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, Kushala entered *Svaroopa*® Yoga teacher training. She completed the initial 500 hours of teacher training in October 2003, and has been teaching yoga ever since. Kushala is trained to teach online, and to offer online therapeutics. Kushala 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.