

MAY
6



SPRING (INTO) TRANSITIONS

Ashtanga Yoga Denver @The Cube
2pm-5pm

Have you always dreamt of floating with the greatest of ease, but are convinced that your arms are too short? Then let this afternoon prove you wrong.

Come and learn that floating is not all about strength, or arm length, but persistence, practice, orientation, and above all else, **technique**. This workshop will give you the tools to establish a firm foundation in the practice of jumping back and thru in order to develop this most elusive of ashtanga skills.

Already got your float on? Great. Then come and learn the mysteries of Ananta Sesha. Something for everybody!

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