

# DOUBLE-HEADER WORKSHOPS WITH **ZOE WARD**



YOGA  
CHARLOTTESVILLE

**NOVEMBER 22 • 9:30am + 1:30pm**  
Register at [ASHTANGACHARLOTTESVILLE.COM](http://ASHTANGACHARLOTTESVILLE.COM)

9:30-11:30am

## **INTEGRATION, REFLEX, AND CHANGING OUR INSTINCTS**

This workshop approaches the practice as a “work in progress,” establishing a relationship to steadiness in our attitude and in our physical bodies. We will address the concept of integration through a brief discussion of philosophy and theory before applying this approach to more challenging asanas and vinyasas in the primary series.

**\$30**

**REGISTER FOR BOTH AND SAVE \$10!**

**ABOUT ZOE** I have been making extended trips to Mysore India since 2010, studying under the guidance of Sharath Jois. In 2013, I received his blessing to teach. My first trip to see him was inspired by my western teachers Kino MacGregor and Tim Feldmann. Without their guidance and mentorship, I would not be the person, practitioner, or teacher that I am today.

I have assisted Tim and Kino in numerous international retreats and have taught in the Mysore program at their studio in Miami, FL. I have assisted and taught in various other programs throughout the world and am forever grateful for the continued support of the greater Ashtanga community.

1:30- 3:30pm

## **BACK BENDING: NO FEAR, NO FUN!**

This workshop will involve a discussion of the role of back bending in the transition from the primary to the intermediate series.

By incorporating a shift of awareness (and breaking down the potential for fear or stress) we will approach drop-backs as the foundation for the more delicate postures at the beginning of the second series.

**\$30**