

YOGA

Practice Immersions

WITH Ada Lusardi

SATURDAYS

Jun 19, Jul 17, Aug 21, 2010

1:00 to 4:00 pm

\$45/ session (no drop-ins)

6.19 Yoga & Self-Myofascial Release

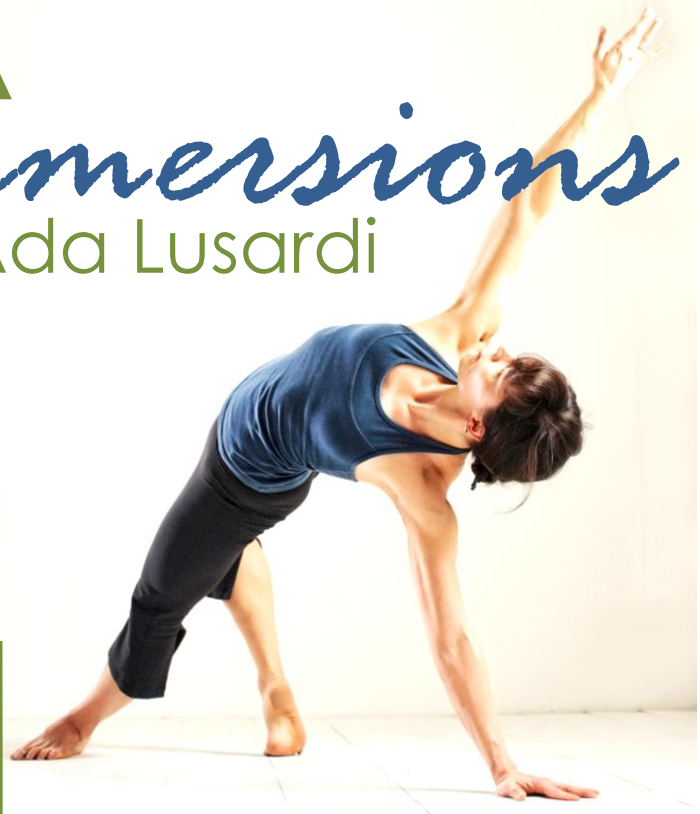
In this workshop we will target key areas of fascial/ muscular tightness, and practice yoga postures and myofascial release techniques to improve joint range of motion, correct muscle imbalances, reduce muscle soreness, relieve joint stress as well as enhance neuromuscular efficiency. You will need a foam roller for this workshop. Please bring your own or contact Ada directly to inquire about acquiring one.

7.17 Cultivating a Home Practice

Starting a home yoga practice can feel overwhelming and uninspired when we're accustomed to the encouragement, guidance and community provided by a group class. However, cultivating a regular home practice not only expands upon discoveries made in class, it develops our sensitivity to the subtleties, and changing needs of our unique bodies. In this workshop we'll explore the challenges of a developing home practice, discuss tools to get us on our mats and will learn simple practice guidelines to cultivate our "inner teacher".

8.21 Befriending Inverted Postures (1)

The fear of turning yourself upside down is normal. In this workshop we will approach the practice of inverted postures with awareness, compassion and humor! You will learn proper mechanics for Sirsasana (headstand) and Sarvangasana (shoulderstand), as well as appropriate warm-ups, sequencing and modifications for each. This class is an excellent way to make the leap from beginner to intermediate yogi, or as a tune-up for more seasoned practitioners.



Ada Lusardi creates an inviting environment in her classes and workshops combining expertise, compassion and exacting individual guidance to provide a challenging yet accessible practice for students of all abilities and ages. Based on more than 15 years of meditation and yoga training, and with her extensive knowledge of physiology and anatomy, she guides students to new levels of growth and healing. Her passion for movement springs from her experience as a professional dancer, Pilates teacher, Iyengar yoga instructor, and yoga teacher trainer. Ada is inspired by the dedication of her students, and is deeply grateful for the guidance provided her by her teachers. She leads classes and retreats throughout California's Bay Area, and, more recently, Portland, Oregon. For further information call Ada at 510.552.0155 or email ada@adayoga.com.

Register at www.adayoga.com