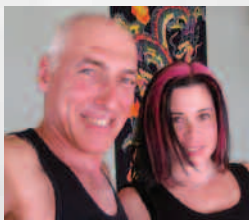


Advanced

Arm Balances & INVERSIONS

Saturday,
November 8th
1:00p – 4:00p

Black Dog Yoga
Sherman Oaks



with Jenny Brill
& Peter Barnett



The title says it all! This workshop is a fun-filled exploration of gravity defying asana. Most yogis agree that *Tapas* (commitment, dedication, and hard work) is the most important aspect of advancing your practice. Showing up on your mat and developing *Shradda* (faith in oneself) and the courage

to work through fear is one of the greatest gifts you can give yourself to help you in all the challenging aspects of life.

There are no two better teachers than Peter Barnett and Jenny Brill for creating a fun, dynamic, and exhilarating exploration that will take you to the next level.

Jenny's clear, specific, and direct instruction will move you into poses you didn't think were possible. Peter's strong, compassionate, and lively spirit create a sense of safety and readiness to take on any challenge with a positive attitude and enthusiasm.

FUN! FUN! FUN!

\$60 per person

You must pre-register with payment in order to secure a place in this workshop. Major credit cards accepted. Payment is non-refundable after November 1st.

Call 818.380.0331

Jenny Brill is not your ordinary yoga teacher. Her classes will make you sweat up a storm and laugh out loud at the same time. An L.A. native, Jenny discovered yoga years ago after a painful breakup and has remained faithful to its transformative power ever since, teaching since 1996. Jenny's authenticity, her energy, and her mastery of fine-tuning alignment has created a strong community of devoted and fearless yogis. Her most meaningful teachers include Naime Jezzeny, Desiree Rumbaugh, and her students.

Peter Barnett has been teaching in Los Angeles and abroad for the past 8 years. He quickly became one of the most popular Southern California yoga teachers due to his enthusiastic, "let's give it a go", can-do attitude. Peter always creates a fun and friendly vibe in his classes which is uplifting to his students and gives them the freedom and space to soar on and off the mat. His relaxed style makes it easy to flow and experience yoga in a non-judgmental and non-competitive way. He is a natural inverter and with arm balances, he is a frequent flyer!



an eclectic mix of hatha yoga™

Black Dog Yoga is located at the north-east corner of the intersection of Moorpark Street and Van Nuys Boulevard, in Sherman Oaks. Detailed directions can be found at www.blackdogyoga.com. Abundant long-term and free parking.

blackdogyoga.com