

Shoulder & Heart openers

Friday,
November 7th
7:00p – 9:00p
Black Dog Yoga
Sherman Oaks

Upper Body Therapy with Jenny Brill & Peter Barnett

Chronic neck or shoulder pain?

Joint pain or stiffness?

Want more freedom to move deeply into your practice?

Parinama, the sanskrit word for going inside, self-reflection, is paramount for the student looking to understand the deeper aspects of yoga and his/her body. Ultimately, we are our own best teacher. Part of what we develop through regular practice is an increased ability to listen to our intuition and understand exactly what our body needs to function as well as it can.

Peter Barnett and Jenny Brill will illuminate the common misalignments of the shoulders, neck, and arms. In this workshop the student will experience the powerful healing aspects of yoga by moving through a series of asana designed to eliminate chronic pain and stiffness of the upper body. You will gain a clearer understanding of your habitual tendencies and the tools to transform the body.

A must-do workshop for those new to yoga seeking to learn foundation clearly and properly. A great evening for the advanced student looking to refine the subtleties of alignment which enhance one's ability to progress into advanced arm balances and inversions.

\$40 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 October 31st.

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.



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