

Date: January 27th
Time: 1-4PM
Cost: \$35 (monthly
members receive 20% off)

Source Yoga
2712 N. 21st St.
Suite A
Tacoma, WA 98406



BACKBENDING BASICS



Source Yoga presents:

Backbending Basics with Sherry Williams



Backbending poses can be the "peak experience" of your yoga class! Come open your heart a bit as Sherry guides you through an energizing warm-up followed by explorations of Cobra, Upward Dog, Locust, Bow, Camel, Bridge, and Wheel. Here's a chance to ask your questions and play with these poses in a safe, fun, and empowering way. This workshop is appropriate for all levels and a great way to deepen your practice. Modifications and variations will be offered for beginners. Start the New Year off with an open heart, a strong back, a supple spine, and a smile!

Sherry has trained with Kim King Zamoff, Aadil Palkhivala, Lisa Black, and Baron Baptiste. She is a Registered Yoga Teacher with the Yoga Alliance, and works as an attorney in Tacoma. Her classes focus on strength, flexibility, personal growth, and fun. Come join her and take what you learn on the mat out into the rest of your life!

Register online or call the studio

253-756-8066

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info@sourceyogaonline.com

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