

Source Yoga Presents:
Explore Your Edge!

Saturday, April 18th

Time: 1:30-4:30pm

Cost: \$40 (10% discount
for members and students)



Explore Your Edge!

With Amy Petty and Sherry Williams

Source Yoga

OPEN TO POSSIBILITY! EXPLORE YOUR EDGE!

Join Amy and Sherry this spring to explore your edge in a supportive and playful way! Safely progress, step by step, into intermediate variations of your favorite yoga poses (hip and shoulder openers, balancing postures, back-bending, inversions, and more). Return to your practice with new tools and insight. Open to possibility, both on the mat and in your life. Come explore with us....it's Spring! You, TOO, can BLOSSOM!

Source Yoga teacher **Sherry Williams** is a registered teacher with Yoga Alliance. Her classes at Source focus on strength, flexibility, personal growth, and fun! She has trained with Aadil Palkhivala, Lisa Black, and Baron Baptiste, among others, and continues to take workshops and classes as she explores her own edge.

Amy Petty is a registered teacher with Yoga Alliance and instructs at Source Yoga. She focuses her heart centered teaching on breath awareness and core alignment, balancing strength, suppleness, and playful exploration. She has studied and trained with Bob Smith, Ki McGraw, Lisa Black, and David Garrigues, among others, and is always open to possibilities.

This workshop is appropriate for students with at least six months of yoga practice and for those comfortable in an intermediate class.

Source Yoga

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