

Date: September 23, 24  
Time: 12:15-3:15pm  
Cost: \$75 for 6 hour  
workshop

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



# POWER VINYASA BASICS



sourceyoga  
health • vitality • joy

Source Yoga presents:

## Power Vinyasa Basics



Come explore Power Vinyasa Basics with Source Teacher, Sherry Williams. Through demonstration and explanation, Sherry will guide you through Sun Salutations, twisting poses, standing and balancing poses, backward and forward bending poses, hip opening poses, basic inversions, and deep rest. Modifications will be offered and encouraged...ALL LEVELS WELCOME! Recommended Reading: Journey Into Power by Baron Baptiste.

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

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253-756-8066

[www.sourceyogaonline.com](http://www.sourceyogaonline.com)

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