

LEARNING TO FLY... AN EXPLORATION OF THE BANDHAS. with Cheryl Catranbone

Come fly with us as we rise to new heights with the use of the Bandhas.

Join us as we spend an afternoon exploring the power of the Bandhas (energy locks) of the body. The use of the Bandhas give rise to great joy as they allow us to harness the power which is often hidden just beneath the surface. As we harness this power, we will reach new heights as we move through our Asana practice seemingly flying with lightness, life and enthusiasm. The practice of the Bandhas will culminate in



Cheryl Catranbone
Ardha Sirsasana

Be prepared to be astounded and have fun!!!

While not for the novice student, this workshop is suitable for those students interested in deepening their experience of Yoga Postures and Meditation.

We ask that you eat very lightly the day of the workshop to ensure a greater sense of control and the full experience of the Bandhas.



Cheryl Catranbone has been studying and practicing yoga in earnest since 1996. She has been a student of Anusara Yoga since 2000 with John Friend as her primary teacher. She is an Affiliated Anusara Teacher and has completed both levels 1 & 2 Teacher Training as well as Therapy Training with John Friend. She is currently in the final stages of the Anusara Certification process. Cheryl shares her deep passion for yoga with genuine warmth, humor and joyful expression and lives life with great enthusiasm.