

## FREEDOM FROM WITHIN...

### TWISTS

with **Cheryl Catranbone**

Twists are possibly the most powerful of all the Asana in regards to flexibility, inner strength and radiant health. Through twisting we gain a sense of freedom by releasing tension held in the connective tissue of the body. Sometimes focusing on the spine and sometimes focusing more on the internal organs, our practice of twisting will offer us a deep sense of peace and well being. Twists are cleansing to the body, ridding toxins from tissue and major organs. Rejuvenating to the Central Nervous System we will experience a feeling of empowerment, openness and clarity. Twists



prepare us for anything by working equally all areas of the body and even give us a greater perspective... the ability to see things from all sides. All lead to a feeling of Joy!.



**Cheryl Catranbone** has been studying and practicing yoga in earnest since 1996. She has been an 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.