

Backbend Workshop

with Cheryl Catranbone

"The little space within the heart is as great as this vast universe." - Chandogya Upanishad

Starting with our heart's intention, we will gracefully lengthen the spine and move into the grace and joy that awaits us when moving through backbends.

Stimulating the adrenals, we will tap into our energy center and produce more endorphins (the feel good chemicals in the brain.)

We will come away with:

- greater flexibility
- better posture
- an overall good feeling both physically and mentally

Join us as we explore how and where we hold onto physical and emotional tension. Playfully and courageously we will move to release ourselves from habitual patterns and find just how easy it is to find the joy that resides within our hearts.



BACKBENDS WILL
MAKE YOU FEEL AND
LOOK GREAT!!!

GET HAPPY WITH BACKBENDS.



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.