Ventura Yoga Studio

The Philosophical Foundation for Yoga Practice

An All Levels **Evening** Workshop

with Marla Apt, CIYT

Friday, March 13, 2020 6:00 - 8:00 pm

Yoga is one of the six classical schools of Indian philosophy, grounded in Patañjali's Yoga Sutras. Looking at the underlying principles and goals of yoga, we will explore how our Asana and Pranayama practice fits into the yoga system and how the philosophy informs and guides our practice. There will be asana practice with some philosophy discussion.

Marla Apt was highlighted by Yoga Journal magazine as one of 21 young yoga teachers helping to shape the future of yoga. She has been involved with medical research studies at UCLA on yoga for depression, anxiety and IBS, and created the first yoga therapy content to be incorporated into the UCLA David Geffen School of Medicine's curriculum. She is a writer/contributor for Yoga Journal and Yoga International magazines.

Early bird special $40 until March 6th - $45 thereafter

Marla Apt

Name_____

Email_____

Phone_____

sign up online, in the studio or mail form with check to the studio

Ventura Yoga Studio, 110 N. Olive Street, Studio P Ventura, CA 93001 805-643-5979