



Ventura Yoga Studio

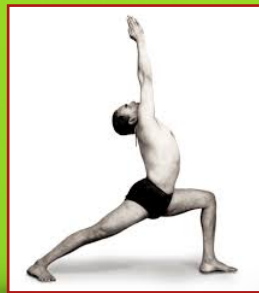
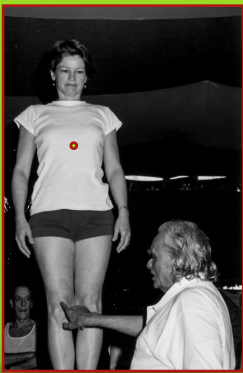
All Levels Zoom Workshop

with **Anna Delury**, Certified Iyengar Yoga Teacher
Sunday April 25, 2021 2:30 - 4:30 PM

\$25

The Knee/Neck Connection!

“Action is movement with intelligence. The world is filled with movement. What the world needs is more conscious movement, more action.” B.K.S. Iyengar



The knees are sturdy and carry us through life.

The neck helps the head shift and change perspectives as needed.

Both give us the mobility and freedom to live our lives, and both are susceptible to injury and wear and tear.

B.K.S. Iyengar often said that “Unless and until the knees straighten nothing can come.” By attending to the health of the knees, the spine in general, and the neck specifically improve. In this workshop Anna will lead you towards a greater understanding of the interconnections of these two remarkable areas in your body and to use your asana practice to create greater ease for both. **All students are welcome to attend!**

Anna Delury is one of Southern California’s Senior Iyengar Yoga teachers and a founder of IYILA. Since 1982, she has travelled regularly to Pune, India to study with the Iyengar family. In 1988, she received a BSc. in Kinesiology from UCLA. Known for her insight and wry sense of humor, Anna brings a practical application of yoga philosophy into each class she teaches, as she helps guide students to a deeper understanding and awareness of what lies within them.

www.venturayoga.com/workshops