

Ashtanga Yoga & Back Bending Workshop with Tina Bock



Join Tina Bock for a two-hour workshop focusing on the pillars of back bending from the ground up. Tina will guide the class through a traditional Ashtanga Yoga class focusing on using the Tristana Method; breath, bandha (energy locks), and drishti (focus), to open up and prepare for deep back bending. We will use different methods to open up the hips and shoulders to aid in strengthening and lubricating the spine. In guiding energy up the spine, we will open up new states of emotion whether we are back bending beginners or advanced yogis! This workshop offers opportunities to learn the basics or to advance further into dropping back, standing up and even more advanced postures if the student is ready.

Tina is a KPJAYI Authorized Level 2 Ashtanga yoga instructor. Her yoga journey began over a decade ago while being (happily) dragged by her father to local Jersey Shore Hatha class. Yoga became constant for Tina after graduating from Ramapo College of New Jersey in 2010 with a bachelor's degree in Music Industry and working in Children's Fitness. Since 2012 Tina has taught workshops, retreats, teacher trainings, and private lessons all over the world, in countries including the US, Canada, UAE, Lebanon, Kuwait, Germany, Italy, Greece, Nicaragua, Thailand, The Netherlands, and Indonesia.

This workshop is suitable for all practitioners with basic knowledge of Ashtanga or Vinyasa Yoga. Not suitable for beginners.

- 🌿 **Date** : Friday 12 October
- 🌿 **Time** : 9am-11am
- 🌿 **Cost** : Dhs 175 including VAT

Prior registration and payment are required
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