

Everyone can do Yoga, but one size does not fit all!

## Observation and Adaptation: Individualizing Yoga Practice

In this workshop, we will explore how yoga poses (asanas), function in relation to the ideal form. By learning how to observe our physical bodies, we are more able to adapt or change the look of a yoga pose, without losing its benefit. This is an important aspect in practice, for teachers as well as for students, so yoga can truly serve us as individuals at any age or physical condition.

We will experience and learn how to:

- Observe physical movement patterns
- Adapt main asanas in relation to specific body conditions
- Sequence a practice that maintains safety
- Teach different demographics with physical limitations



Fran Ubertini, ERYT 500, is a Teacher Trainer and Yoga Therapist in the Krishnamacharya Tradition. She has over 20 years experience and has taught trainings and workshops locally and nationally. Adhering to the tradition of breath centered practice, adaptation and respect for the individual, she continues to share the teachings of Krishnamacharya's son TKV Desikachar, as well as, her studies with Sonia Nelson in New Mexico.

This workshop is open to students and teachers who want to enhance their understanding of practice. This also qualifies for CEU credits with Yoga Alliance.

**Sunday May 22, 2016, 11:00 AM to 4:00 PM at  
Cornerstone Wellness, Inc., 5 Coates Drive,  
Goshen NY.**

\$125 Register with Kathy at 845-294-1440 or  
online at

<https://clients.mindbodyonline.com/classic/home?studioid=241652> under the workshops tab.