

# Prop Shop

Yoga Prop Workshop & Mini Alignment Clinic

Saturday, February 13, 2021

11:00 a.m. - 1:45 p.m.

At TimeLess Yoga

6112 S 1550 E, Downstairs



Learn “prop”er use of props in a variety of poses, including:

- Upward Facing Dog
- Downward Facing Dog
- Plank
- Warriors
- Triangle
- Pigeon
- Child’s Pose
- Reclined Butterfly
- Seated Postures
- Supine Postures
- Wheel Postures



**Cost: \$25**

**Limited to 12 Participants**

**Must Pre-Register on Website, Call, Text, Email or Sign Up in Studio!**

**Venmo, Paypal, Square Cash, All Credit Cards Accepted**

Enjoy instruction, demonstration, explanation of alignment goals, and modification assistance (with proper social distancing & protocols).

Learn new uses for our old favorite props . . . and practice with some new props, too! We'll play with blocks, straps, bolsters, blankets, yoga sandbags and yoga wheels.

Taught by: AJ, Laura, Lauren & Natasha



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