



Rose Yoga Center

1040-C Crater Lake Ave

Medford, OR 97504

(541) 772-1310 ☎ www.roseyogacenter.com

Backbend Workshop

Saturday, February 27

12:00-2:00 p.m.

Taught by Janet

This all-levels workshop explores backbends, from beginning poses to the more challenging ones. Backbends, called *Purva Pratana Sthiti* (Backward Extension Asanas), can be invigorating and keep your spine flexible.

In this workshop you will:

- Learn poses that will prepare you for backbends
- Discuss the benefits of backbends
- Experience backbends firsthand!

This workshop is part of a series of benefit workshops. Rose Yoga will donate a portion of the proceeds from this workshop to Access Inc. of Jackson County.



To register for the Backbend Workshop, complete the registration form below. Six months of yoga experience is recommended.

Pre-registration is required.

Backbend Workshop Registration Form

Please enclose a check or money order for \$18 made payable to **“Rose Yoga Center.”** Send this form and payment to Rose Yoga Center, 1040-C Crater Lake Avenue, Medford, OR 97504

Name _____ Address _____

Phone _____ Email _____