



Spinefulness

A Spineful Yoga workshop with

Eve Johnson

assisted by Melissa Hadley

April 17-18-19

Fri. 6-8pm, Sat. 9-12 & 1:15-3:30, Sun. 9-12

Spineful Yoga integrates the ground-breaking postural insights of Spinefulness into yoga.

Learn how to stop hurting yourself in yoga & in daily life.

There are **ONLY 12 places** as **Eve** wants to guide each of us closely.
3 Day Workshop fee = \$250 payable to Kelly Murphy

In this Spineful Yoga weekend workshop, you will learn the basics of Spineful alignment, and see how they translate into yoga poses.

Expect a Warrior I that doesn't stress your lower back, freer twists, more core connection, deeper relaxation, and a path towards more lightness in the poses.

Eve Johnson has spent the last three years immersed in Spinefulness.

At the same time, she has explored how to integrate her new understanding into the Iyengar Yoga she began studying in 1987, looking for a practical, effective way of gaining freedom in and through the asanas.