

# *Ashtanga Second Series*

with

## *Priya Jhawar*

*Join Priya Jhawar for a challenging and fun practice as she introduces students to the Second, or Intermediate, Series of Ashtanga Yoga.*

*Also referred to as “Nadi Shodhana,” the Intermediate Series is meant to open and clear the “nadis” or energy channels throughout the body through a series of deep backbends, hip openers and inversions. In this workshop, Priya will break down the individual postures of the Second Series, providing variations and modifications to make these more advanced asanas approachable for everyone. This workshop is recommended for students who are already familiar and reasonably proficient with the Primary Series.*

*This workshop will help kick-off the launch of a new Second Series class to be taught by Priya starting in September.*

**Saturday, August 27, 2011**

**2 - 4:30 pm    \$45**

***\$40 before Aug. 14***

DALLAS  
**YOGA**  
CENTER

