

AC Asana Clinic – In this 2-3 hour workshop, Margery will go over details of poses requested by students prior to the workshop. Topics may include props, alignment, anatomy, variations, contraindications, benefits (physical and metaphysical). Students who have not submitted a pose request may come to the workshop, but if no poses are requested, the workshop will be cancelled! Your request should include your name, the pose (if you don't know the name of it, just ask!), and any concerns or questions you have.

Saturdays, 9:00AM to 11:00AM (or noon) 3/3, 5/5, 7/7, 9/8, 11/10