

# SPECIALTY STRAP WORK YOGA CLASS

With Melody Roberts E- RYT 500



Yoga straps can be a very effective and beneficial way to deepen your practice. Using props such as the strap is in no way suggesting that your practice is "inadequate" or "straps are for beginners" as sometimes we might think. If you're one who will grab the strap every once in a while, then you know how a strap can change the position of the body and focus on good alignment, allowing you to open to the pose. Sure, not all styles of practice require straps and not every pose needs a strap. But if you're learning yoga, or even have a consistent practice, straps can help get you started or help access some of the more complex postures. This specialty class will focus on the handling and positioning of the strap to help you go deeper, and facilitate your posture and alignment. This practice is geared to help open the shoulders, hips and back. All levels welcome.

\*Both active and restorative asana will be practiced.

\$25 Early Bird Investment \$30 after January 24<sup>th</sup>

\*Qualifies for CE Contact Hours with Yoga Alliance

**Monday ~ January 27<sup>th</sup>, 2020**

**7:00pm - 8:30pm**

*Melody Roberts, BA, CPS, CYT, E-RYT 500, Owner, Director, and Founder of Sacred Path Yoga and Sacred Path Yoga Teacher Training Academy, studied directly under Acclaimed Author, Renowned Yoga Teacher, and Program Director, Rolf Gates. Sacred Path has evolved from a beloved home studio in Melody's residence in 2010, to blossoming in 2014, into a store front location in Shorewood, IL. Melody's mission is to share the ancient healing practice of yoga with her community. She strives to reveal, express, and cultivate the Personal Power of each individual student, while simultaneously facilitating a deeper connection with Universal Love. Over the years, Melody has enjoyed teaching at various studios in the Chicagoland area, and has studied with many master teachers at every available opportunity. She is deeply grateful for all the teachers and students who continue to inspire her to stay and grow on this path.*



Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404  
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto [www.sacredpathyoga.com](http://www.sacredpathyoga.com) & click "Enrollments" tab.

For more information, email [info@sacredpathyoga.com](mailto:info@sacredpathyoga.com).

Please note all workshops are nonrefundable and nontransferable.