

Yoga “out of the box”

Saturday Feb 12

1:00 – 3:00pm

\$20

For information or to register: 250 743 1120; 250 510 4598

William McKay completed a two-year teacher training program at the Iyengar Yoga Institute in San Francisco, CA. He has been a practitioner of the teachings of Baba Hari, an Ashtanga master, since 1978.

Learn how to use the **Medicine Wheel** as a map to locate the body/self in literal space, and how to use a variety of props/tools that deepen one's awareness of **freedom of movement** in a **safe and fun** way

At the Art House, home of MoonDance Dynamic Arts School
1756 Wilmot Ave, Shawnigan Lake Village
www.MoonDanceArts.ca
250 743 5846 for directions

