

# Home Practice Primer

with Pat Harada Linfoot & Kristin Honey

Have you wondered about developing or expanding your yoga practice at home, but don't know where to start? Too many obstacles? Whether you are a beginning student, teacher, or have returned from a practice hiatus, this workshop is for you! We'll explore the challenges of time, motivation, and expectations in order to organize and implement a home practice sequence that meets your specific body and experiences.

Workshop open to all levels of practice.

**Date: Sunday, February 21**

**Time: 1:00pm to 4:00pm**

**Cost: \$50**

**Preregistration required**



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*Ganesh, remover of obstacles*

