



Yoga Workshop with Patty Gorder

April 30, 2019

6:00–8:00 p.m.

\$16 prepaid; \$18 drop-in



**TRUE
HEALING**

Massage, Yoga & Wellness

2397 Demers Ave. Unit B
Grand Forks, ND 58201

This workshop will break down basic poses to fine tune the alignment, strength and mobility within each pose. Props, straps and blankets will be used to deepen each pose and find more length within the pose while building your awareness and knowledge of how each pose will affect the body.

Patty is the owner of Namaste Massage & Yoga Studio in Grafton, ND. Patty is an Experienced Registered Yoga Teacher and a Yoga Teacher Trainer. She is a yogaHour certified teacher, trainer and studio focusing on flow, form alignment based yoga.