




Kashi School
of
Yoga



Postural and Balancing Practices - 5 Part Series With Radha



March 3, 10, 17, 24 & 31, 2012
10.30 am

Cost:

**\$60 for course
of five or \$15
per session**

The Posture and Balancing Program does not treat the body's symptoms, but instead "looks to restore optimum function to the body" by addressing "the muscular imbalances and dysfunction leading to an individual's structural deviations." Each training in the series consists of 30 short exercises, which emphasize deeper muscles of the skeleton and pelvis as well as superficial muscles. The exercises require no special equipment, as they depend on gravity.

People who have used the exercises in the Posture and Balancing Practice program have all claimed to see a big difference in their movement, with more balance and less pain as they walk.

Each class in the series will be about 75 minutes. The 30 exercises will be repeated for 5 consecutive weeks throughout March.

Radha is a certified 200 hour Yoga Instructor. She has had amazing personal results from the exercises from the Posture and Balance Practices. She wishes to share with everyone a beginner level menu given to her by her trainer. "Since my bilateral hip replacement over 20 years ago I found the exercises of the Posture and Balance Program to help my gait and reduce my pain level more than any other program. As a result, I have gained more confidence in myself, which comes with finding something that really works and sticking with it."

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