



MARLA APT

Back Extensions

October 2, 2011 | Montana

Sunday 2:00-5:00pm

Pre Reg \$45 | Day of \$55

In this workshop, you will have the opportunity to go deeper into the practice of backbends than within the limits of a normal class. Those who struggle with backbends, will be given tools to target and work on the areas of restriction and those who would like to go further into the practice will have the opportunity to explore new dimensions of backbending. This workshop is open to those who have a minimum of 6 months of yoga experience.

Marla, a Senior Intermediate level Certified Iyengar Yoga teacher, is based in Los Angeles where she is on the faculty of the three-year Teacher Training Program of the Iyengar Yoga Association of Southern California. She leads workshops and trainings throughout the U.S. and abroad.

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