



Jenny is a Level 2 certified Iyengar Yoga teacher. With focus on efficiency through alignment, awareness and breath, she guides others to find healing, strength and balance. Jenny's dedication to all aspects of yoga has brought her full recovery from the crippling effects of rheumatoid arthritis and serious injury. It's her experience of renewed body, mind and spirit that compels her to share.

*"Yoga teaches us to cure what need not be endured and endure what cannot be cured." BKS Iyengar*

## JENNY HUNTER - IYENGAR YOGA

"Action is movement with intelligence. The world is filled with movement. What the world needs is more conscious movement, more action,"

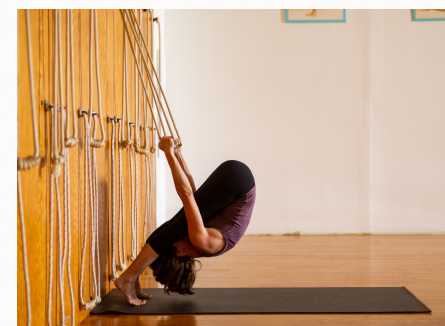
BKS Iyengar



### SATURDAY:

#### EXPLORING THE ROPE WALL PART 1 12-2 PM

The ropes are an amazing tool to help support and deepen your understanding of the poses and yourself! Jenny's creative use of the ropes inspires playfulness and structure simultaneously! In part 1 we will explore standing poses, forward folds and inversions



#### EXPLORING THE ROPE WALL PART 2 2-4 PM

The ropes are an amazing tool to help support and deepen your understanding of the poses and yourself! Jenny's creative use of the ropes inspires playfulness and structure simultaneously! Backbends and arm balances, neck and shoulder care.



#### SUNDAY - RESTORATIVE 10:00-11:30 AM

This session is intended to calm the nervous system and restore balance into the energetic body, as well as increase awareness. When the body is supported properly, the body can relax, the breath becomes smooth and the mind becomes calm.

