

# Sadhana: The Practice Beyond the Asana



Contact Jenny to book:

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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.



**LIVEWELL**  
JENNY HUNTER

With Jenny's first hand experience with injury and illness, not only does she have great compassion for every ability, she has a deep repertoire of adaptations for every season of life. It's not a matter of can or can't, but how do we navigate a pose or a practice to create possibilities!

"Yoga will teach you to cure that which need not be endured, or learn to endure what cannot be cured"

BKS Iyengar



### Session 1 - Balance and Stability (2 hrs)

Balance is navigating your relationship with gravity. Stability is controlling yourself during movement. Both are dynamic, but given the right foundation of awareness and correct action, stillness of the mind is possible.



### Session 2 - The Power of Twists (90 min)

Cultivating awareness by clearing the clutter and establishing a solid foundation, twists can help stimulate our vital organs and energize us from within.



### Session 3 - Backbends and Inversions (2 hr)

Break free of your fears and create new possibilities! Opening the front body, while stabilizing the back body teaches us to see with new eyes and break free of our obstacles!

Suggested pricing: \$65/ person. Minimum \$500, 50% expenses  
Optional: Replace one session with Restorative.

