

The Art of Transitions

A Pro Flow Practice

with Jennifer Brilliant



Saturday March 3, 2018 3-5pm

When you move with a certain amount of awareness, grace, and ease, you move like a pro. This workshop is all about transitioning into and out of yoga poses, adjusting your pacing, rhythm, and texture so that you flow like water. By approaching your own practice with honesty and curiosity, you'll discover that what may seem like an obstacle or imperfection is actually the key to unlocking your most fluid movement.



All levels
welcome!

Jennifer Brilliant, Brooklyn based yoga teacher, yoga therapist, and yoga business owner will share her tips for moving with efficiency in order to get the most out of your current flexibility and strength. With her signature eagle-eye and sassy humor, Jennifer will give you tools



to tap into your own creativity and find new ways to flow through your yoga practice.

Investment: \$45, pre-register at the studio or online, www.yogalifepw.com