



## Deepening Your Yoga Practice

**With Jenny Otto**

Senior Anusara Certified Teacher E-RYT500

**Earth Heart Yoga Laconia, NH**

**An Anusara Yoga Workshop Infused  
With Anatomy & Therapeutics**



### Experience:

- Creative variations
- Freedom from Physical Pain
- The anatomical side of health, healing and wellness through yoga
- Lasting wellness and well-being through asana, pranayama, meditation & chanting

**Friday, June 10 6:30-8:30pm \$40.00**  
**HIP, HIP HOORAY! Hip Opening Yoga Class**

The hip joint is one of the largest and most versatile joints in the body. In yoga, the full range of motion of the hip is addressed and alignment of the hips brings freedom to our spine, knees, ankles and addresses our gait and posture. In this workshop we will work on stabilizing and increasing mobility in all of the movements of the hips.

**Saturday, June 11 10am-1pm \$ 55.00**  
**Dynamic Twists**

We will explore moving dynamically using the deep core body to invite the musculoskeletal body to spread and open. You will gain a new perspective on twisting poses and practical principles of physical alignment and energetic flow.

**Saturday, June 11 2:30-5:30pm \$ 55.00**  
**Why Shoulder the Burden?**

The position of our shoulders has a profound effect on our breathing and sense of well-being. This workshop will focus on the neck, shoulders, arms and hands so that the arms can become the wings of the heart. Open to all levels especially suited for anyone with shoulder or neck pain.

Full Weekend \$170.00

**Sunday, June 12 9:30-11:30am \$ 40.00**  
**BRINGING IT ALL TOGETHER**

An Asana class for all levels integrating Universal Principles of Alignment, sound, mudra, and breath. A complete body and mind integrative practice. Apply all you learned from the weekend or just enjoy a great flow class.

Jenny Otto is an innovative and dedicated yoga teacher, Jenny is a celebrated yoga therapist and teacher trainer who has been teaching and developing wellness and exercise programs since 1980. The capacity to transmit movement information depends on a teacher's embodiment. Central to embodiment is one's own kinesthetic empathy which Jenny owns through personal practice and teaching yoga for twenty one years. She is nationally known for her in-depth understanding of anatomy and therapeutics, investigating the domains of functional rehabilitation, biomechanics and the nervous system. Jenny's teaching is compassionate, inspirational and fun. Her clear and precise teaching style is authentic and is committed to awakening a deeper knowledge and understanding of the body, mind and spirit.

**Earth Heart Yoga** 653 Main St. Laconia 603-524-1515

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