


Gems of the Bhagavad Gita Revealed Thru Asana WITH LISA WALFORD

An afternoon of twists, technique, and the timeless art of yoga



Yoga is skill in action – Yoga is evenness of mind. These gems encapsulate yoga practice as it is expressed in the poetic and timeless verses of the Gita. Parivrtta Trikonasana, along with other twists, can be used to release pain in the back, and to help with gastric/abdominal conditions and much more. Intention, direction and process help build an understanding of skillful means while experience and practice deepen insight and equanimity. Lisa will invoke additional slokas from the Gita during the workshop.

**SUNDAY
OCTOBER 18TH
1:00pm to 3:00pm**

**\$40 ADV REG
\$45 DAY OF**



RISING LOTUS YOGA

14148 Magnolia Blvd Sherman Oaks CA 91423
risinglotusyoga.com 818.990.0282