



**DEARBHLA  
KELLY**

**JAN 16 & 23**

**CELEBRATING**

**THE CENTER**

*"The center is the dancing ground."  
--- Radiance Sutra #80*

*Developing core strength is an integral part of asana practice. Backbends, forward bends, twists, standing poses, arm balances, inversions, all require a strong core. Deep-seated equanimity arises from being connected to the core, which in turn promotes equanimity.*

*In this two-part workshop we will use meditation, attention to the breath, and asana as mechanisms for refining our core connection. We'll play with the relationship between periphery and core and the dynamic interplay of expansion and contraction. We'll end both sessions with a 40 minute guided full-body yoga nidra meditation.*

*Week 1 Jan 16: Flow into Arm Balances  
Week 2 Jan 23: Flow and Twist  
\$60 for both, or \$35 each. Saturdays 1pm - 4pm  
Goda Yoga  
9711 Washington Blvd, Culver City, CA 90232  
310-287-1255*