



Leeann Carey Yoga™

LCY Presents

Yaapana™

(ya-paw-nah) an Ancient Sanskrit word Meaning the Support and Extension of Life.

Yaapana yoga is a uniquely inspired and innovative blend of vinyasa flow to warm and prepare the body for poses that are held dynamically and restoratively using props for therapeutic support.

Yaapana practice is easily modified and adapted to meet individual student needs at all levels of experience and skill.

Learn how to place props strategically to create a compelling, therapeutic and fulfilling space for feeling, breathing and sensing what is happening now.

Developed and presented exclusively by Leeann Carey Yoga.

ACE and Yoga Alliance CECs

Sign up for FREE
email newsletter:
LeeannCareyYoga.com



YAAPANA YOGA

MASTER INTENSIVE: FOUNDATION

February 24-26, 2012

Fri: 5pm – 9pm; Sat & Sun: 9am – 6pm



Dynamic Yoga and Fitness by Yoga 4 Love
558 Bluebird Ln., Red Oak, TX 75154
Tuition: \$445

Enter coupon code **LCY7** upon checkout and receive \$100 off tuition!
Expires January 24, 2012

The Yaapana Foundation intensive is three days filled with learning, exploration and understanding yoga therapy from a restorative perspective. Both stimulating and pacifying treatments are presented so you may expand your skills correcting physical and emotional imbalances and restore general wellbeing.

You will learn how to teach traditional supported yoga to meet the needs of your students using all recommended props combined with current yoga methodologies and class development. Applying decades of experience helping teachers to elevate their skills, Leeann Carey developed Yaapana practice so it may be taught easily, either in a classical hatha yoga studio or group fitness environment.

To register go to leeanncareyyogashopping.com