



YOGA & MUDRAS

with Jan Rosehart, RYT-500 candidate

October 24, 2015

1:00-4:00pm

\$30



LOTUS MUDRA

Receive nourishment when drained or sad

Jan Sankari Rosehart

E-RYT-500, candidate

Jan Rosehart is an E-Ryt 200 yoga instructor. She currently resides in Virginia, formerly a lifelong resident of Buffalo, NY. She also has trainings in Yin Yoga and Thai Yoga Massage. Jan will complete her 500 hr yoga certification by the end of the year. Jan began her yogic journey by accident by attending a "power yoga" class in a local gym approximately 20 plus years ago. She admits this was not the way to begin a practice in yoga but has brought her to the joy and healing effects this ancient practice holds. Jan began exploring every opportunity to enhance and deepen her practice. She immersed herself in training and a home practice. She has taught classes in Buffalo and surrounding areas. When teaching, she encourages her students to enjoy and have fun with their yoga, not to judge and to create their own interpretation of the poses which helps them build a confident and individual practice. Her other interests are walking, music and spending time with her family and close friends. She has been married for 41 years, has 4 children and 3 grandchildren.

Did you know that yoga accompanied with specific hand gestures called mudras become twice as powerful?

In this workshop, students will learn to use postures and mudras together for better alignment, better balance, enhance concentration and as a tool to deepen your yoga practice.

Students will be guided through gentle yoga postures using mudras and receive handouts to help with your practice at home.

Registration

To register for this workshop, please contact HAYC:

Location of Workshop

Healing Arts & Yoga Center
10712 Ballantraye Dr #310
Fredericksburg, VA 22407

Ren4Yoga@yahoo.com or 540-371-4555