

Yoga Foundations Workshop

With Lisa Proulx

Friday, February 17th

5:30 to 8:00pm
Eagle Athletic Club

This yoga workshop will deepen your knowledge of Baptiste Power Vinyasa Yoga. In this invigorating vinyasa sequence we will explore the 53 postures as well as enhance your understanding of Baptiste Methodology. Whether you are a beginner or seasoned yogi, this practice is for all ages. We will explore new possibilities in each pose by adapting the poses to meet you where you are in your practice and your life. You will leave this workshop feeling empowered and revitalized! Be ready to have fun, sweat & connect with community.



About Me:

For the last 7 years I have lived and played in Eagle, CO. I began practicing yoga 13 years ago and during that time tried many different styles. I was introduced to Baptiste Power Yoga, it awakened and opened me to the un



methodology spoke to me in such a way that I decided to participate in a 200 hour teacher training with Baron Baptiste in 2011. I am excited to share this transforming practice with you!