

South Boston Yoga

Best of Boston 2017

Thank you Improper Bostonian for throwing a spectacular party! Thank you to all of our students and teachers for making South Boston Yoga a vibrant community and voting it Boston's Best. We are so grateful! Epic Love to All! XOXO



SBY 200-Hour Teacher Trainings Beginning Soon!

3 Week Daily Intensive



The 3 Week Daily Intensive Training begins the weekend of **July 29th & 30th**, then continues from **August 11th - September 1st**.

There are only a few spots left so get your deposit in to reserve your space for this amazing journey into a deeper practice and understanding of Yoga!

[>> Register Online Now <<](#)

Weekend Program



The weekend-only 200-hr SBY Teacher Training begins **September 9th & 10th** and continues on select weekends through **January 14th**.

Put in your deposit and reserve your space now!

[>> Register Online Now <<](#)

Adventure in the Azores

with Todd Skoglund

November 2-8, 2017 *** Only 3 spots left! ***



Join Todd Skoglund for 6 days of Adventure & Yoga in the Azores, Portugal! The Azores are a magical, volcanic land, full of natural, raw beauty, a temperate climate and endless outdoor activities. Truly an adventure lovers paradise, and around a 4 hour direct flight from Boston.

Our days will include always optional yoga and movement classes with Todd, as well as hikes to some of the most incredible vistas on the island, soaks in natural hot springs, and exploration of neighboring towns and beaches. All meals and daily excursions are included.

[>> More Details About the Azores Trip <<](#)

Coming this Fall...

Anatomy in Movement: The Skin & Superficial Fascia

Friday September 8th, 6-8pm



How do we facilitate effective change in our clients? Offering the client access to the function and strength of a muscle is paramount to the Pilates foundation. If the skin and superficial fascia is adhered to the deep fascia and muscles then we can lose strength, range of motion and even complete function of the implicated muscles. Specifically, you will leave this workshop with a set of movement tools and ideas that will create lasting change in the skin & superficial fascial system offering access to the deeper layers of the body.

Cost: \$35 in advance, \$40 day of

SIGNUP

FORREST YOGA WEEKEND

with Cat Allen

Playshop: Poses and Possibilities

Saturday, September 23rd, 1-4pm

In this workshop we'll examine several poses (from hip openers to arm balances) and methodically progress through their variations and advancements. This will be an exciting opportunity to get inspired, juice up your personal practice, and go beyond your edge! The main focus will be on learning how to empower yourself by experimenting with your own unique abilities in creative, fun ways.

All levels welcome! Beginners will experiment with creative ways to refine the "basics" while more experienced practitioners (intermediate to advanced) will explore the deeper variations within each pose.

As you open up to the vast possibilities in your practice you will learn how to open up to the vast possibilities of your life!



Refine Your Spine

Sunday, September 24th, 1-4pm

This workshop is great for anyone with back pain or anyone who wants to learn techniques for relieving back pain. You will practice a wealth of effective techniques to open and strengthen your back and spine. We will focus on creating optimal spinal alignment combined with intelligent use of the back and hip muscles. Techniques include:

1. Using various props to assist and support your body
2. Practicing self-assists that move your stuck energy
3. Flushing out the cycle of fear and pain with your breath to make space



for more pleasure and relief

Practitioners of all levels and body types are welcome. This workshop will end with a Yoga Nidra Meditation to help soothe your whole system and leave you feeling like you could float out of the room at the end.

Cost:

- \$50 per workshop before August 22nd
 - \$60 per workshop regular price
 - \$90 for full weekend (Saturday & Sunday)
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About Cat Allen:



Catherine Allen (Level 5 Certified Forrest Yoga Teacher, Forrest Yoga Guardian, E-RYT 500) is renowned throughout the yoga community for her skill as a teacher trainer and her graceful practice. Catherine began teaching yoga in 2001. Her highly-popular weekly classes catapulted her onto the national yoga stage to lead and reprise yoga workshops and yoga teacher trainings around the country. Catherine has studied several forms of yoga, including Ashtanga Yoga, Iyengar Yoga, and Pralaya Yoga, and completed a month-long Hatha yoga immersion in India. She found her yoga home in the Forrest Yoga system. For years, Catherine apprenticed directly with Ana Forrest, the Creatrix of Forrest Yoga, as Ana's lead teacher training assistant. After receiving the honored title of Forrest Yoga Guardian, Catherine became one of the first Forrest Yoga Guardians to be authorized by Ana Forrest to

teach the 200-hour Forrest Yoga Foundation Teacher Training and 9-day Forrest Yoga Advanced Teacher Training. When not teaching, Catherine enjoys spending precious time with her husband, daughter, and coterie of canine and feline companions.

----- **SIGN UP** -----

BEGINNER PILATES

with Antonio Aniello

Saturday, October 21st, 11 AM - 1 PM



Learn the principles, technique, and system that is mat Pilates. Warm up with a brief 30 minute mat Pilates session followed by a breakdown of the purpose, mechanics, and goal of the exercises, as well as how to properly modify and use props. Whether you are a classroom veteran looking to brush up on the basics or a total newbie that is curious what it's all about, there is something for everyone.

Cost: \$20 in advance, \$25 day of (*space is limited!*)

SIGN UP

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Questions? Call us! 617-315-7448



Yoga Studio

South Boston Yoga

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