

South Boston Yoga

WEEKEND WORKSHOP SERIES *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!

[Register here](#)



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.

[Register here](#)

Cost:

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

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.

So You Want to Be a Baller?

Join an incredible crowd of yogis, athletes, anatomy geeks, explorers of the human body and potential and other "roll models" to learn the smart sequencing and the tools to free your fascia and massage every muscle of your miraculous body. This deep dive weekend treat will give you 5 sequences to relax, realign, and reinvigorate so that you can breathe deeper, stand taller and move with greater freedom and integrity. Ideal for those who want to teach with massage tools of all kinds or for anyone seeking a weekend of rejuvenation.

Discussion topics and practice include 5 ball rolling classes, the benefits of rolling, importance of sequencing, endangerment sites, anatomical exploration, and self-care extras for injury and recovery.

Participants will leave with 5-sequence packet, a foam roller, double ball set, hand held massager, alpha ball and inflatable ball to take home and keep the good times rolling.

When:

Saturday, November 18th 11am-7pm

Sunday, November 19th 11am-5pm

\$375 early bird // \$425 day of

This workshop is limited to 30 people.

[Register here](#)



Houston Donation



Monthly Magic

with Josh Nunn and Rachel smiljanić

Fridays 6-8pm

September 29th

October 27th

November 17th

December 15th



Thank you all for your support in our Fall Membership Benefit Sale!

Because of your generosity we were able to donate to two different charities; Mayor Sylvester Turner's Hurricane Harvey Relief Fund and the Houston Humane Society. We are incredibly grateful for your support, and for helping us contribute to organizations working to bring aid to the Houston area.

Come unwind, relax, and restore your mind, body, and spirit in this monthly gathering. The workshop will begin with a restorative yoga practice aimed at bringing ultimate relaxation to the body, followed by a sound bath meditation to realign and settle the mind.

Part asana practice and part crystal singing bowl meditation - this monthly experience is a beautiful way to begin the coming month anew.

Cost: \$40

[Register here:](#)



Featured Class

Sunday Acoustic Restore



Join Jenna Hill to reclaim yourself after a long week with a restorative class set to live acoustic music by Alper Tuzcu.

If you're debating between going home to the sofa or getting your practice in, this class is for you!

With a focus on gentle movement this class will help you get the week out of your system and prepare you for a relaxing evening or sleep.

Expect Pranavama Meditation, a

Beyond the Barrier

with Joseph Welch

**Sunday, October 15th
12-2pm // 2:30-4:30pm**

Join Boston bodywork professional Joseph Welch for an introduction to Active Isolated Stretching, Facilitated Stretching, and Partner Facilitated stretching.

In this two-part workshop series you will learn methods to increase the flexibility of specific muscles to advance your Asana practice or enhance your posture and movement patterns.

\$20 early bird // \$25 day of // \$40 full series



Expect: Pranayama, meditation, a gentle/slow restorative flow served straight up and chilled with a long Savasana.

This class is suitable for all levels, including beginners. Classes occur every Sunday at 6pm.

Prenatal Yoga 8-Week Series with Sheila McDonough



**Thursdays, 6-7:15 PM
September 7th - October 26th**

Using movement, meditation and awareness, prenatal yoga can alleviate many of the discomforts of pregnancy leaving you relaxed and restored. Focus on your breath and build strength and flexibility to set the stage for a healthy labor and postnatal experience. In addition, prenatal yoga offers the support of other women on similar journeys. All levels and stages of pregnancy are welcome in this 8-week series for moms. You can choose to sign up for just one class or the entire series.

[Register here](#)

\$20 per class // \$130 for full series

Stay Connected:    

[Register here](#)

Beginner Pilates Workshop

with Antonio Aniello

**Saturday, October 21st
11-1pm**

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.

\$20 in advance // \$25 day of

[Register here](#)

36 W Broadway | 1st & 3rd Floors | Boston
Questions? Call us! 617-315-7448



Yoga Studio

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