

Yoginis,

We do not have much reading this month as the focus is on preparing for Practice Teach 2. If you wish to read the posture clinics beforehand you may wish to review the following:

Virasana / Hero

Parighasana / Gate

Parivrtta Parsvakonasana / Revolved Side Angle

Bhagavad Gita reading

We will discuss the Gita in October during Yoga Philosophy. If you wish to read ahead you can begin to read through the book now. This is our final reading for Yoga Philosophy.

Practice Teach 2

Please remember to turn in your practice teach sequence in advance so we can look over it.

See you in September.

Susan