

Architecture of Asana

with **Chris Chavez**

Saturday, May 15

10:00-12:30 and 2:00-4:30

Sunday, May 16

10:00-12:30

\$50 per session

\$135 if you sign up for all three

at Coastal Bliss Yoga Studio

Unit F – 1180 Pacific Rim Hwy

Find us at “Outside Break” above Studio One salon

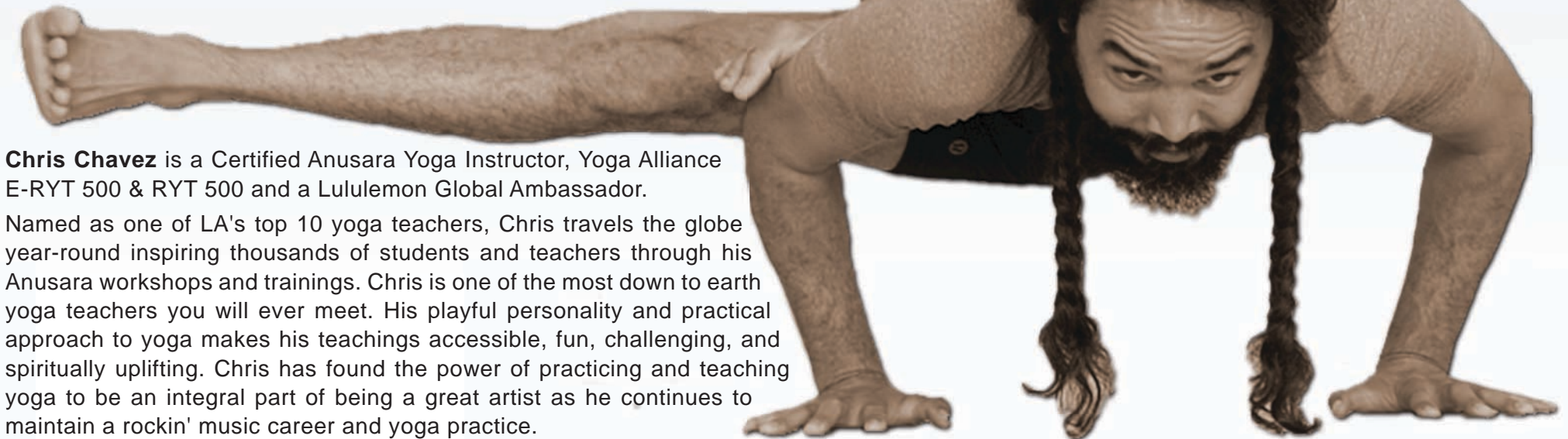
Sign up or request more details

Sarah Platenius

(250) 725-3667 or info@tofinoyoga.com

The nuts and bolts to building a stronger, more informed, and playful practice.

In this workshop we will deepen your practice by exploring the basic anatomical elements necessary for a progressive, safe, and effective practice.



Chris Chavez is a Certified Anusara Yoga Instructor, Yoga Alliance E-RYT 500 & RYT 500 and a Lululemon Global Ambassador.

Named as one of LA's top 10 yoga teachers, Chris travels the globe year-round inspiring thousands of students and teachers through his Anusara workshops and trainings. Chris is one of the most down to earth yoga teachers you will ever meet. His playful personality and practical approach to yoga makes his teachings accessible, fun, challenging, and spiritually uplifting. Chris has found the power of practicing and teaching yoga to be an integral part of being a great artist as he continues to maintain a rockin' music career and yoga practice.