

# Hanumanasana Clinic

with Marly Kincel

Thursday, October 6  
5:30—7 pm

*As part of our First Thursdays Pose-of-the-Month series, this clinic takes the place of the regularly scheduled Thursday 4 pm, 5:30 pm, and 6:45 pm classes, and is included with your membership, punchcard, or daily fee.*

The Yoga Studio at the  
Vail Athletic Club  
970/476-7960  
VailAthleticClub.com



Do you need to let go? Are you feeling overworked and stressed? Perhaps you are holding tension in your hips, hamstrings and hip flexors . . .

Join Marly for a clinic focused on the path of poses to Hanumanasana, or splits. We will come together, bringing devotion and passion to our practice.

Turning within, when intensity presents itself, we will work from the heart and not the brain. Take steps toward opening up in the liberating pose of hanumanasana.

All levels welcome!