



Bandha and Backbending

Monday, September 19, 5:30–7:30 pm

Yoga with Karen Anderson

The Yoga Studio at the Vail Athletic Club
970/476-7960 VailAthleticClub.com
\$25 thru 9/16, \$35 9/17 and later

Backbending poses create stimulating, joyful energy in the body and mind . . . unless there is compression in the low back, resulting in discomfort and unease. In this full-spectrum vinyasa class we will explore the deep internal energies of mula and uddiyana bandha, and how they can be used to support expansion and freedom around the heart. The internal awakening of bandha coupled with comfortable backbending draws us into a deep exploration of body energy leading to states of meditative bliss and well-being.

Karen Anderson has been teaching yoga since 1999. She studies both the Ashtanga yoga system with Richard Freeman and the teachings of Shri Dharma Mittra, as well as the practices of Indo-Tibetan and Theravadin Buddhism. Karen teaches from her own experience, with an open mind and a sense of humor.