

# BUILDING A CORE FOUNDATION

**Saturday, September 11, 2010**

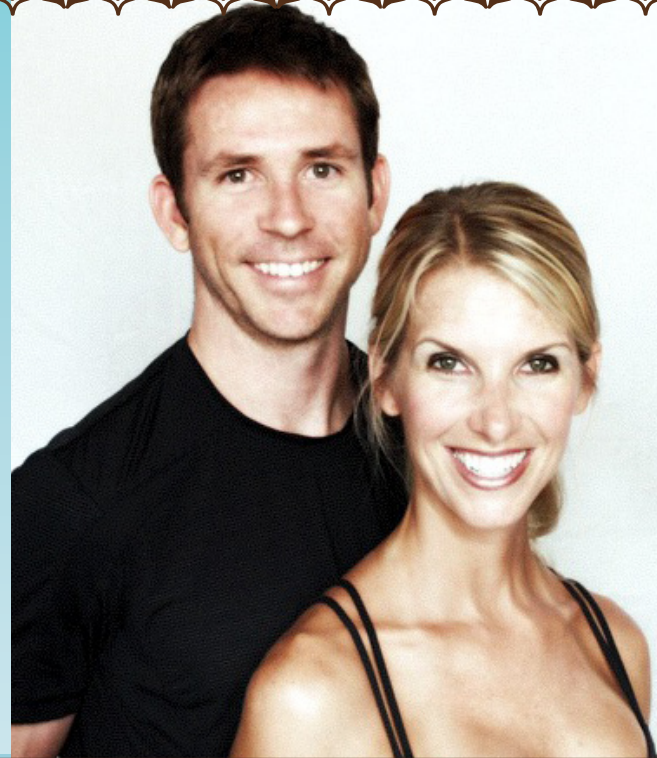
**1:30 pm to 3:00 pm**

**Cost:** By donation only for [www.kurmalliance.com](http://www.kurmalliance.com); helping save the sea turtles and other endangered wildlife of the Gulf.

Introducing **Ryan Besler** and **Stephanie Dempsey** to **Zenergy Yoga** who will help connect you to your core. By building **core awareness**, students will begin to explore the concepts of **sthira and sukham** – the steadiness and ease in every pose through a solid core foundation. Over the course of the class, students will find a **sense of lightness, ease of breath**, and develop **core sensitivity** both on the hands and feet. Through safe and challenging sequences, students will gain an **enhanced sense of core** and its application to their practice both on and off the mat. Learn to move through your yoga practice with **a sense of freedom and lightness**.

If there is enough interest in this type of class, a “**Core Challenge**” program will be started in October at Zenergy Yoga.

Sign-up online to reserve your space!



## **About the instructors:**

Ryan And Stephanie, owners of Yasa Yoga Registered Yoga School are 500-hour trained teachers, E-RYT's. Ryan and Stephanie teach a challenging and balanced class rooted in the foundation of a balance between sthira and sukham (steadiness and ease). Join Ryan and Stephanie to awaken your core and learn to move with a sense of lightness and ease.



**WWW.ZENERGYOGA.NET**