



26-28  
January  
2018

# ASANA ALTERNATIVES FOR MINOR AILMENTS

with **MYCHAL A. BRYAN,**  
**CIYT, C-IAYT**



Learn techniques that work for several common ailments that we encounter during the practice of yoga. We'll work through categories of poses to see how best to modify our practice and our teaching to deal with knees, lower back, neck and shoulders, menstruation, and other issues we face in the body to create a healing effect through yoga.

## SCHEDULE

Friday - 2pm-5pm - Teacher's Workshop:  
Assists + Adjustments

6pm-8:30pm - Supine Asanas

Saturday - 9am-12pm - Standing Asanas

1:30pm-4:30pm - Seated Asanas

Sunday - 1:30pm-4:30pm - Prone + Inverted Asanas

**HIGH DESERT YOGA**  
**ALBUQUERQUE, NEW MEXICO**

**FRIDAY [2PM-5PM] TEACHER'S SESSION: \$45 PLUS TAX (\$48.37)**

**FULL WORKSHOP INCLUDING TEACHER SESSION :  
\$315 PLUS TAX (\$338.63)**

**FULL WORKSHOP WITHOUT TEACHER SESSION: \$285 PLUS TAX  
(\$306.38) PRE-REGISTERED OR \$300 PLUS TAX (\$322.50) AT THE  
DOOR**

**SINGLE SESSIONS: \$90 PLUS TAX (\$96.75)**

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