



FEATURE TEACHER KRISTI CLARK

WORK SHOP DESCRIPTION

The 2nd workshop in our PLAY Foundational series will focus on inversions and arm balances as part of the PLAY vinyasa sequence. This foundational workshop, will teach you all there is to know about turning your practice upside down. Discover techniques to help you take flight in crow pose, gain the confidence to float up into head stand and prepare for more advanced variations as you build the courage and strength to go beyond your regular practice. Suitable for all levels of practitioner, expect to explore everything from head stand preparation to the more advanced scorpion variations.

Come PLAY & Learn!

TEACHER BIO

Kristi started yoga purely to support her athletic training as an Olympic level Rhythmic Gymnast, she had no idea it would awaken her



passion for the union of the physical body, mind and human spirit. Kristi is a Senior Certified Baptiste Power Vinyasa teacher who has been assisting Baron Baptiste on his teacher trainings and transformational immersions since 2008. Through a powerful physical and fluid practice, Kristi encourages her students to drop what they think is possible in their bodies and life and tap into the strength and grace within. Get ready to playfully sweat, move and flow into a new reality of being your authentic self.

WORK SHOP SNAPSHOT

DATE

Saturday Feb 18th 2012
1pm - 4pm

WHERE

P.L.A.Y. Manly Beach Studio
Lv1/15 Sydney Rd,
Manly Beach NSW 2095

COST
\$45

10% DISCOUNT
FOR MEMBERS

BOOK NOW

For more information go to:
www.powerliving.com.au