

Neesha Zollinger Yoga

Dive into your luminescent self by learning and refining Anusara Yoga principles of alignment in yoga asana with the blissful teachings of the Sutras of Splendor.

Workshops are for advanced beginners to intermediate practitioners.

EARLY BIRD PRICING»June 30

4 @ \$108

2 @ \$57*

1 @ \$29

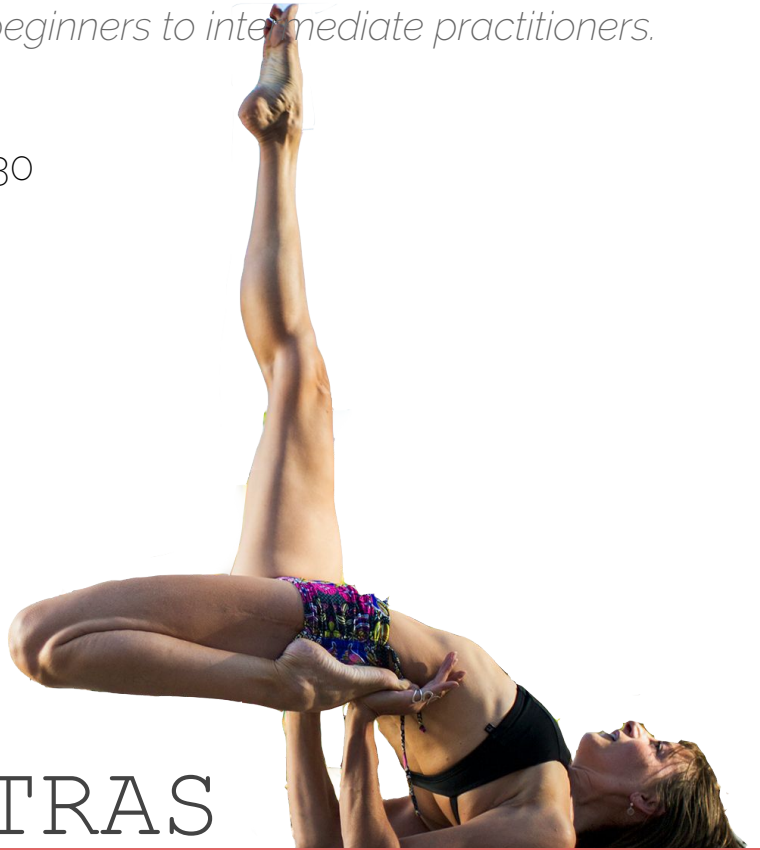
JULY 1 & AFTER»PRICING

4@ \$133

2 @ \$63*

1 @ \$36

*SAME WEEKEND



SPLENDOR SUTRAS & YOGA ASANA WITH NEESHA

Saturday, July 14

**Switch On To the
Nature of Freedom**

11:45am—2:15pm

standing poses, backbends,
inversions

4—6:30 pm

leg and shoulder opening,
twists, hand balances



Saturday, September 8

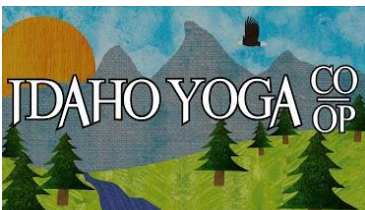
**Expanding the
Axis of You**

11:45am—2:15pm

standing poses, balancing hands and
feet

4—6:30 pm

shoulderstand break down-preps
and props to safely invert; pranayama



Idaho Yoga Co-op 740 West Broadway, Idaho Falls, ID
sign up at <https://sites.google.com/site/idahoyogacoop/>