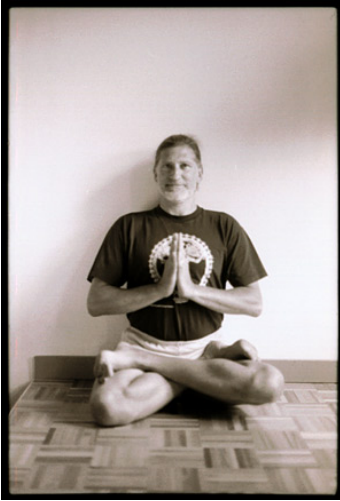




52 B Wall Street, Huntington Village
www.bodyandsoulcenter.net

Gabriel Halpern



Gabriel Halpern holds a BA in Philosophy, an MA in Health Psychology, and is a full-time, certified instructor trained at the Iyengar Yoga Institutes in San Francisco and Pune, India. Gabriel has practiced since 1970 and gives workshops nationally. He is the founder and director of the Yoga Circle in Chicago, IL since 1985. For the past twenty one years he has also been a core performance faculty member at De Paul University's Theater Department. Owing to the direct influence of BKS Iyengar and 40 years of personal practice, Gabriel's teaching has all that is yoga: zeal in practice, science, art form, lifestyle, and mystical mentoring.

Workshop \$45
\$40 for IYAGNY Members

Registration required
631.385.4664

IYENGAR YOGA

a workshop with

Gabriel Halpern

August 8, 2010

12:00 - 4:00pm

Necks and Shoulders

Maximum health of the shoulders and neck can be achieved by a variety of poses of which change the alignment of the head and trunk. Through the practice of standing, sitting, supine, and inverted poses, which are modified for each individual, long standing and chronic aches will be given relief from nagging kinks and unnecessary discomfort.

Special attention will be given to safety with inversions, showing how to protect the neck and build upper body strength without the fear of future injury.