

# Centre Yoga

## Yoga Workshop with Barrie Risan E-RYT500

*Open to the promise and potential of spring with a free upper back,  
healthy neck and unburdened shoulders*

**Saturday, May 10, 2014**

**Sunday morning 10-12:30**

*Lightening up: Keys to Upper Body Alignment*

**Sunday afternoon 2-4:30**

*Lifting the Heart: Backbends*

One session: **50\$**

Full day: **90\$**

taxes included

*In this one-day workshop we will explore  
key aspects of upper body alignment and  
the deeper significance of freeing the  
chest, neck and shoulders.*

For information & registration:

Open to students with a minimum of 6 months regular yoga practice.



### About Barrie

Barrie Risan is the co-owner of Shri Yoga, a seminal place of practice and training for alignment-based, heart-centred hatha yoga in Montreal. Barrie is renowned for a teaching style that blends technical precision with an ever-present awareness of the wisdom of yoga philosophy. Her classes are dynamic, creative, purposeful and transformative. Barrie's teaching empowers students of all levels to explore and expand the edge of their capacity within the greater context of yoga as a path of self-discovery.

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