



GETTIN' DEEP PART 4* WITH JAMIE ELMER

December 9th 11-1pm at yoga V



**JAMIE ELMER E-RYT500,
YACEP**

Jamie has been teaching yoga and movement therapy full time for 15 years. She specializes in alignment, anatomy and healing injuries. Jamie travels from her home base of Colorado, to teach teacher trainings, continued education immersions, retreats and also offers individualized practices and mentoring sessions online for students and teachers. Connect with Jamie more at jamieelmeriyoga.com

Deepening your practice could mean many things to many people. In this workshop class, deepening your practice does not mean that you will push hard to the point of discomfort or injury. It does not mean that you'll tie yourself in a pretzel shape - sometimes mistaken for a yoga pose. Instead, in Gettin' Deep, you'll learn more about how your body actually works and moves, so that you can achieve a balanced, strong and lengthened pose appropriate for you as an individual.

In Gettin' Deep Class 4, we'll be focusing on a peak pose that stretches the back body, strengthens the front body and is calming for the brain and nervous system.

*It is not necessary to take previous Gettin' Deep classes to attend Part 4

Cost to attend is \$25

**For more information
and to register contact:**

**970.424.5116 or
info@yogavstudio.com**



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