

# les leventhal is coming to hotbox yoga...



Les is one of San Francisco's most beloved yoga teachers. Having trained with both Ana Forrest and Tias Little, Les' vinyasa flow classes and workshops are steeped in the Forrest tradition and filled with basic technique and alignment cues for all levels, including beginners. Variations and longer sequences will also challenge and inspire seasoned practitioners. In his classes, you will have the opportunity to heal your heart, laugh, cry, dance, sweat and just let go! visit: [www.yogawithles.com](http://www.yogawithles.com)

## MASTER CLASSES x 2

- **Wednesday 22<sup>nd</sup> JUNE** –7pm vinyasa flow gomins cost: \$25
- **Thursday 23<sup>rd</sup> JUNE** – 7pm vinyasa flow gomins cost: \$25

## WORKSHOPS x 2

### **HIPS n' TWISTS :**

#### **liberate your hips, free your spine, a vinyasa workshop for all levels**

In this workshop, we will open our hips by stretching our hamstrings and relaxing and strengthening our quads and thighs, while cultivating awareness of the challenges that we hold deep in our hip and pelvic regions. We will also free our spine with twists, which can release enormous amounts of tension and can tone and rejuvenate the abdominal and pelvic regions. Unlocking these areas of our bodies releases lower back tension, frees limitations in the neck and shoulders, and infuses the body with vitality and well being

- **Friday 24<sup>th</sup> JUNE** – start: 6.00pm cost: \$40 duration: 2hrs

### **ARM BALANCES n' BACKBENDS :**

Arm Balances are some of yoga's most fun and exhilarating poses to practice. In this workshop you will learn to safely defy gravity, strengthen your core, build upper body strength, and begin cultivating awareness of your body being upside down and moving through space

Backbends are some of yoga's most invigorating postures and sometimes some of the most challenging. We will explore the physical, psychological and spiritual aspects of backbends. While balancing effort and surrender, we will open the entire front body, with emphasis on the heart center

- **Saturday 25<sup>th</sup> JUNE** – start: 8.30am cost: \$45 duration: 2.5hrs

advanced booking recommended for all classes to secure your spot

LES is ERYT- 500 registered with Yoga Alliance, any hours practiced counts towards continuing education hours with Y.A.

**Enroll by JUNE 15th for all 4 classes with Les and pay total \$115, save \$20**