

# Yoga Props Training

Balls & Walls Blocks & Socks  
Chairs & Stairs Bolsters & Ties



## Deepen Your Practice &/or Add Variety to Your Yoga Classes

Ideas for ways to take yourself (& students) deeper in yoga practice, using props, to safely and fully support each pose and to be creative and fun. Opportunity to work solo, in pairs and small groups. Certificate of Attendance & Handouts provided. Open to All Levels.

**Who:** Julie Palmer, teaching 20 years  
**When:** Jan. 30th - Feb. 1st 2015  
**Where:** Fall River Yoga Centre (near Hfx)  
**Cost:** \$250 (\$100 deposit required)  
**Sign-Up:** [juliepalmer@eastlink.ca](mailto:juliepalmer@eastlink.ca) 902-467-3151  
[www.yoga4all.ca](http://www.yoga4all.ca)

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