



The LHS Orchestra Association is pleased to host two multi-level
YOGA WORKSHOPS
with guest teacher Cesar Rios

Join us for our **FULL CIRCLE SERIES**. 2 progressive 120 minute workshops. We take a KRAMA (cumulative, progressive) approach in this series with each 2 hour workshop- a full circle in itself - featuring a fascia release warmup preparing the body for the particular skill or technique of focus. We workshop our focus subject and end with an extra-long, juicy savasana to allow for recovery from the specific work of the day.

WORKSHOP #1: THE POWER OF BREATHING AND MOVEMENT

Friday, September 14th 4pm-6pm

In this first workshop we will guide you into a series of simple but very powerful breathing techniques to settle the physical body and quiet the mind in preparation for a multilevel yoga practice guaranteed to leave you energized, present and ready for more.

WORKSHOP #2: THE ART OF STRETCHING

Saturday, September 15th 1pm-3pm

Using the skills we cultivate in Workshop #1, we continue the journey into the deeper layers of the physical body, working on deep muscles, tendons and tissues, learning the importance and the benefits of proper stretching and the effects it has in the emotional body (thoughts and emotions).

The cost is \$30 per workshop, or just \$50 for both!

The workshops are open to adults of all levels and will take place in the LHS orchestra room located in the Lakeside High School Fine Arts Building. Please RSVP to lhsorchestra@gmail.com if you plan on attending. Checks may be made payable to LHSOA. Don't miss this opportunity to enhance your practice with visiting lead teacher Cesar Rios!

Cesar Rios 200 & 500 ERYT



Cesar graduated from the State School for the Arts in Guadalajara, Mexico, as a ballet dancer and then joined the State Classical Ballet Company. He is the current Director of the Naples Yoga Center and for the last eight years has trained under the guidance of some of the best yoga teachers in the country, among them: Sri Dharma Mittra, Philippe Askew, David Regelin, Peter Sterios, Kino MacGregor, Tim Feldman and Bryan Kest. Cesar has been Lead trainer in 200 & 250 hr Yoga Teacher Trainings and facilitated workshops in Yoga, Meditation, Pranayama (The transformational breath, The calming breath, Power play with arm balances, Fly and flow, Yin-Thai among others) Dance (Contact dance, Release dance, Dance flow among others) and Acro-yoga.