

FIND EASE • CREATE OPENNESS • RELAX DEEPLY

Sunday, March 18
2:00–4:30pm
\$45

liberate your shoulders, ease your neck



WITH ANGELINA VASILE

Learn the poses, alignment and mindfulness to relieve your chronically stressed upper body. Using Pilates, Functional Movement and an invigorating Forrest Yoga sequence this workshop will help you unravel tight shoulders, loosen your upper back and bring freedom to your neck. Through asana and mindfulness, when we alleviate tension in these areas, and stop “shouldering” what is not ours, we can more fully feel into our center and connect with the intelligence and pleasure of our bodies. Reignite sensation and playfulness in your practice! Open to all levels, the room will be heated to 80 degrees.



ANGELINA VASILE is a certified Pilates instructor and a yoga teacher. She has been teaching movement full time since 2001 and her style incorporates her passion for anatomy and kinesiology, athletics, Chinese medicine, martial arts, Pilates, dance, Ashtanga, Vinyasa and Forrest Yoga. Skilled at

working with a broad range of clients, she especially loves working with injuries, athletes, pre- and post-natal women, the elderly and those struggling with body image related disorders. It’s Angelina’s goal to teach clients how to breathe deeply and move consciously. She is passionate about growing people’s understanding of their bodies and themselves.

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