



Rainforest Yoga and
The Yoga Path offer a
Workshop with
Djuna Mascall
March 4, 5, and 6



Workshop Location

The Yoga Path
5326 Shaune Drive
(near the Alaskan Brewery)

Schedule

Friday, March 4, 5:30 – 8:00 pm
Unwinding the hips.

Saturday, March 5
9:30 – Noon
Strong back, open heart.

2:00 – 4:30
Free your low back.

Sunday, March 6, 9:30 – Noon
Supporting the life force:
Yoga for immunity

Visit rainforestyoga.org for additional information about the workshop, including registration forms and scholarship applications:

Pricing and Registration

Register by February 19 for Early Bird discounted prices:
\$35 per session for Rainforest members, \$40 for non-members.
After February 19, session prices increase to \$40/\$45.

**Scholarships available:
Apply by February 19**

For additional information,
contact: Obren Davis at 209-5551
or rainforest.juneau@gmail.com



Experience a Prajna Yoga Immersion with Djuna Mascall. Workshop sessions will weave sensory awareness training, yoga postures, dharma study, and pranayama. This powerful combination will bring wakefulness to the body-mind connection. Open to all levels of practitioners.

Djuna Mascall is a rare teacher who illuminates yoga through intelligent sequencing to allow the body, mind, and heart to open. She gracefully integrates her extensive knowledge of anatomy, alignment, and the wisdom of yoga.

Djuna is a Prajna Yoga Senior teacher and her primary influence comes from her ongoing work with Tias and Surya Little. She has also studied Iyengar, Ashtanga, and therapeutic yoga in depth. She teaches Prajna yoga workshops and retreats nationally and internationally, and offers 200 and 500 hour teacher trainings.

For more information see her website:
<http://yogapracticeandreflection.com>
or her Facebook page:
<https://www.facebook.com/djuna.mascall>