



PHYSIOLOGY OF FEAR YOGA WORKSHOP

\$50 FOR YOGA WORKSHOP



PHYSIOLOGY OF FEAR

with TIFFANY SHOCKLEE and COURTNEY TAUCHER

SATURDAY, DECEMBER 5TH | 2:00 - 6:00 PM

We all know fear. It may be in your face on a rock climb, or in the back of your mind in a relationship. Potentially overwhelming, terrifying situations can also be transformative. In this workshop we will study the physiology and psychology of trauma from a body-centered perspective, using meditation, breath work, and partner yoga as tools for harnessing the power of these highly charged experiences.

This clinic is limited to 25 participants. Pre-registration required.

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