

# Flying Yoga Workshop

Wednesday September 22nd, 2010 at 8pm – 9:30pm

\$15 in advance / \$20 at door

Flying yoga is the blend of yoga, with the added benefit of a partner. It combines massage techniques for a therapeutic experience and can be combined with a dynamic interactive balancing or acrobatic experience. These aspects of flying allows the spine of the flyer to open and stretch while the base (the person holding the flyer) receives a strengthening exercise. It is a practice in trust, in your partner but more importantly within yourself.



Whakapaingia, the founder of Koha Yoga, is a highly skilled specialist in making union with the body, mind and spirit allowing, life's purpose and passion to come to surface. Whakapaingia's indigenous Polynesian ancestry, inspired the creation of, "Koha Yoga" where his Maori warrior roots blend with what is ideal for all yoga practitioners, the "spiritual warrior."

Whakapaingia is a Certified Hatha Yoga Teacher and Thai Massage Practitioner.

**Call 310.559.7200 to Reserve your Space!!**

