



Email Michelle directly
for registration and
full details.

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**Rocket Yoga Weekend Workshop
Ho Chi Minh City, March 9 - 11
with Ricardo Martin & Joy Kunkanit Phrombut**

Friday 6:30-8:30pm: Foundation of Sun Salutation @ Private Residence in An Phu
This workshop presents the basis of Sun Salutation, with this we will guide the practitioner to know and understand their own alignment on their yoga mat, and how to move hands & feet in Sun Salutation, connecting every movement with the breath. Then you will realize how this powerful and dynamic system integrates into your body.

Saturday 8:30-10:30am: Morning Sitting Asana & Arm Balance @ The Deck
Learn how to adjust yourself in the Asana and have fun with the technique of jumping back and through as a link in the sitting sequence. Foundations of arm balance poses.

Sunday 8:30-10:30am: Handstand Story @ The Deck
This workshop will explore how to stand on your hands and introduce you the technique of how to use your Breath, Bandhas & Drishti to reach handstand.

Sunday 3-5pm: Hip Opening & Back Bending @ DanCenter
Hip opening prevents knee injury in your practice. How to improve and create more flexibility in the hip joints with fun techniques of dynamic movement. Bend your body and free your spine through backbending techniques, which will create more lightness and more energy through your life, bringing more vitality through your spine.
Young Spine : Young Body

Sunday Eve: Post Party! (of course)

Investment

Pre-Registration & Payment: \$25 per class or \$80 full workshop

On the day: \$30 per class or \$100 full workshop