

# Unwrapping the Goodness Within

**Reinvigorate your practice with one of the area's most expert yoga instructors.**

Learn to deepen your poses and receive greater benefit than ever before. We will explore poses you may have done hundreds of times, take them apart and put them back together using profound alignment principles, to add depth and meaning to your experience of yoga.



**Saturday APRIL 18 from 2-5 pm**



**Chris Briney** is one of the most extensively trained and well-versed yoga instructors in the Metro Detroit area. He is known as a “teacher of teachers,” and is one of only four certified Iyengar Yoga instructors in the entire Metro Detroit area. An ardent yoga practitioner for over 18 years, Chris has apprenticed with Advanced-Level Iyengar Yoga teacher, Laurie Blakeney of Ann Arbor, MI, since 2002. As a result of his steadfast studies, Chris has gained a direct connection to the Iyengar Yoga tradition. It is this background, as well as his own extensive knowledge of the yoga tradition and philosophy, that makes Chris’ teaching a unique and important offering for our yoga community.

**Cost: \$60**



1900 S. Livernois Rd. Suite A  
Rochester Hills, MI 48307

redlotusyoga.com  
phone 248 601 9642