

# making twists a cinch!

sunday, march 21 - 1:00 to 3:00pm

\$35 rsvp: 310.374.5933

In this workshop we will explore the Dai Mai vessel or the Belt Channel. The Dai Mai Channel is one of the eight extra Chinese Meridians. It encircles the waist as well as cinches or binds the other vessels. Activated and cleared via twists, this channel acts as a storage room for unassimilated experiences and information. By clearing it, we create space in the body for new ideas and new perspectives.

Don't let twists remain an unattainable mystery. Discover how a twist can become one of your favorite poses.



Kari began studying yoga in 1999 at the University of Iowa. She received her teaching certification from Planet Yoga under the supervision of Leeann Carey. She also attended the YogaWorks teacher training program where she studied with Lisa Walford. Kari is a devoted Iyengar practitioner who enjoys teaching the important principles of alignment and postural integrity to help her students explore possibilities and to problem solve when necessary. Kari is also a licensed massage therapist and a licensed acupuncturist currently practicing in Culver City and in various locations in the South Bay.

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