

REGISTER ONLINE OR CALL 301.231.0022



2/27
3/14
4/4
5/1

roll like a warrior, fly like a dancer **THE BUDOKON SERIES**

Budokon®, created by Kancho Cameron Shayne, translates in Japanese as “Way of the Spiritual Warrior”. Join Sensei Emma and experience what the two most ancient forms of movement merged together into one synergistic expression looks and feels like. This dynamic blend of traditional yoga asana and martial arts will explore the body’s full range of motion while cultivating agility control speed, power, balance, and flow.

inspire to walk where the wild things are

Budokon Basics February 27, Saturday, 1:00-3:00 pm | \$30 before 2/20 | \$35 after 2/20

This is the perfect class for anyone brand new or just getting started with their Budokon practice. Students will cover the fundamental techniques that comprise the system at a slow and steady pace. The theme of this workshop is slowing down to master the basics. All levels welcome.

Flow and Flexibility March 14, Sunday, 1:00-3:00 pm | \$30 before 3/7 | \$35 after 3/7

This class is breaking molds and traditional perceptions of Hatha yoga. Budokon’s dynamic blend of traditional yoga asana and martial arts builds upon the practitioner’s base knowledge of traditional Hatha yoga while challenging the practitioner to push past conventional yogic practices. If you love power or Vinyasa flow yoga and want to see their evolutionary potential, this is the class for you. This class opens hips and shoulders while cultivating a powerful core. All levels welcome.

Strength and Balance April 4, Sunday 1:00-3:00 pm | \$30 before 3/28 | \$35 after 3/28

If you love to play upside down and defy gravity, or desire to learn how, this class will blow your fears away. Learning handstand, arm and leg balances, and the art of floating and inversions...the answers are in this class. This workshop will help build arm, shoulder and leg strength while creating great range of motion in hamstrings and hips. Recommended for beginners to intermediate students.

Power and Agility May 1, Saturday, 1:00-3:00 pm | \$30 before 4/24 | \$35 after 4/24

Experience the first art form to blend yoga and martial arts. This workshop will have you transitioning from standing to ground, from acceleration to deceleration. Perfect for athletes of any level, this cardio-inspired class builds explosive power, tones muscles and burns major calories.



Emma Saal is a certified Budokon Teacher, Yoga Teacher and Thai massage practitioner. Emma’s intention is to create a cheerful and safe atmosphere, where she can share her love, passion and knowledge of yoga, martial arts and dance. She encourages her students to draw consciousness to their unconscious habits, build awareness for their own body, and build space. She proudly wears her Red Belt and will inspire all to find their inner-teacher and cultivate a personal, healthy and sacred practice.

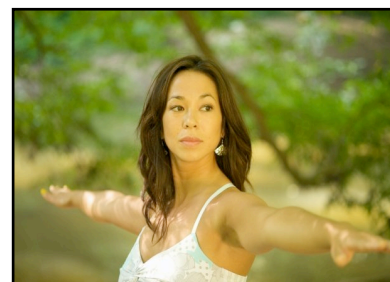


photo courtesy of Stacy Vaeth Photography

www.SacredSpaceRockville.com