



2012 CLASS DESCRIPTIONS

*Full pass holders have the option of taking classes from 8am-10am, 11am-1pm & 3-5pm Friday-Sunday. Thursday All Day Intensives will be held from 9:30-3:30pm with the break determined by the teacher.

*If a class is marked **ALL LEVELS** it will be physically available to students beginner-advanced with special needs and more advanced modifications provided if needed. **BEGINNER** classes will be intended for those students that are either new to yoga or want to strengthen their foundation. **BEGINNER** classes will also be physically more gentle. **ADVANCED** classes are for students who have maintained a regular/daily practice and are physically capable (proficient in full backbend, headstand, chaturanga etc) and ready to be challenged. Also a student can expect the vocabulary and material of the **ADVANCED** classes to be more in depth.

Yogic Terms:

Asana- Yogic postures- translated as 'seat' or 'connection to the earth'- usually what most people identify with the "physical" practice of yoga.

Bhakti- Devotion- this form of yoga is practiced through kirtan, which is mostly chanting of Sanskrit and English in order to reach a meditative state. It is the most direct and accessible way to reach a meditative state and is highly recommended for all people interested in the practice of yoga.

Vinyasa- Means to link through restraint or to place mindfully- most commonly associated with Ashtanga yoga where the asanas are linked together in a fluid motion using the breath as restraint.

Inversion- Placing the head below the heart. This is a type of asana where the body is put into a position where the head is below in order to bring energy to the skull.

Pranayama - Commonly understood as breath work but technically the practice of liberating life force through applied restraint.

Bandha- An internal body lock that uses the energetic and breath properties of the body-used subtly in the asana practice and substantially in some pranayama practices.

Ashtanga- Eight Limb path or Raja Yoga that is most commonly associated with the vinyasa asana practice, but is not fully defined as such due to the fact that asana is only 1/8 of the 8 limb system.

THURSDAY

THURSDAY JULY 12TH 9:30am-3:30pm

AD1 WONG-ALL LEVELS

PRANA-BANDHA TUNE-UP [All Good Under the Hood]

Imagine a cross core counter spiral wave motion source power flow experience and you are already halfway there in your mind.

Ever wanted to know how to discover, develop and relate your breathing and core strength into your poses and flows as well as deeper areas of your practicing life? If yes, then you are at the correct doorway! Upon walking through we will explore classical techniques in the breathing and squeezing sound fields from both yoga and other subtle and dynamic movement arts. We will also specifically learn how all movements large and small, fast and slow, are directly controlled and complimented by the specific movement styles of the prana, and how the bandha directs this combined powerhouse, with an emphasis on warrior stance structures, which form the foundation of all poses; from a pelvic positional perspective. This remarkable day intensive will feel more like a personal arrival at some basic powerful understandings of ourselves, and the in-built tools we were gifted with at birth. We will culminate this fantastic journey with Thai-Physio-Therapy + Classical Vedic Mantra Kirtan. All Good Under the Hood.

AD2 BENDER BIRCH- ALL LEVELS

The Next Level: Yoga as a System of Energy Medicine

The classical path of raja yoga is an ancient and powerful system of energy medicine for body, mind, and spirit. The 8 limbs of yoga offer techniques for personal growth and healing that can increase your storehouse of prana and awaken the body's energy systems, bringing vitality and joyfulness to your life. Know your True Self as a field of limitless energy and get to know the subtle energy bodies surrounding your physical body. Shift energy patterns to balance and strengthen the immune system and to heal your body and mind. Chakras that are blocked or stagnant can be balanced and energized. Deeply rooted

samskaras (impressions; old patterns, traumas, and habits) can be liberated from subconscious levels of the mind. Through therapeutic asana, meditation, and pranayama practices we can experience healing transformation, allowing our hearts to open. Classes will include asana practice, breath work, and chakra meditation as well as lecture and discussion.

AD3 ROSENBERG-ALL LEVELS

Live Vibrantly

Life-force energy is pulsing through every cell and fiber of you. Living vibrantly means your body is circulating this vital energy efficiently and effectively. The result: you are radiant, energized, and vital! Come explore Anusara's elegant Universal Principles of Alignment and how you can use them to refine your yoga practice to awaken and liberate your vibrancy. When you are shining with life force you will spark the radiance in others and together we will illuminate the world.

AD4 PACE-ALL LEVELS

"Gunas and Yugas and Angas, Oh MY!" - Yogic Principles Demystified and Applied

This full day workshop will explore the fundamental principles of Yoga and their specific application in the Ashtanga lineage . Discussion and guided practiced will be accompanied by bits of chanting, stories, and random amusement.

FRIDAY

FRIDAY JULY 13TH

8am-10am

A101 PACE-ADVANCED

"What's the Point?"

Ashtanga's bigger picture plus exploration of foundational postures. This class is intended with some knowledge of the Ashtanga Primary Sequence.

A102 IVANHOE-ALL LEVELS

Bhakti Vinyasa

“Bhakti” is a devotional yoga practice, where we get out of “doing yoga postures” and step into BEING A YOGI. This is an important transformation. In the Bhakti Vinyasa Practice, we will use the simple structure of a vinyasa flow class, pranayama and meditation to move past the outer layers of the body and connect with our intuition. We connect with - yoke with - have a yoga-union with the deepest part of ourselves. Bhakti Vinyasa is a way to seamlessly learn about Dristi, the Gunas, Patanjali’s “Yoga Sutras” and the Chakra system. We will also address the value of setting Sankalpa (intention) at the beginning of each practice and touch on the meaning and significance of some of the deities in the Hindu pantheon. The journey of yoga starts on the inside and moves outward. If you are ready to take your practice to the next level, Bhakti Vinyasa is the practice for you!

A103 ENGLISH-BEGINNER

Foundations of Forrest Yoga

Come and explore the Four Pillars of Forrest Yoga: Breath, Strength, Integrity, and Spirit. Learn how these foundational principles that make Forrest Yoga so unique can enrich the quality of your attention, wellbeing and life on and off the mat no matter what you are doing. Through pranayama, asana and intention, this guided journey into the heart of Forrest Yoga will help you connect with the Beauty that exists within and around you. This session is open to all levels and you will need 2 mats, a block and a strap.

A104 STECHERT-ALL LEVELS

STANDING POSTURES

Standing poses are the foundation of all the postures.

The strength, awareness, stability and ease of the postures are developed in the standing postures

A105 YOGASLACKERS-ALL LEVELS

Introduction to AcroYoga

Blending the elements of Vinyasa Yoga, Acrobatics, and Thai massage, AcroYoga is a powerful tool for transformation. Learning to trust, and to be confident, exploring the need for strength and surrender, AcroYoga is a physical and emotional balancing act. The basic tools can be used by yogis, bodyworkers, and athletes to greatly enhance their sport or practice. No partner necessary, some basic yoga is helpful.

A106 LAWSON-ALL LEVELS

Awaken Your Core: Physically, Energetically and Spiritually

The core of a person can be defined in many ways. Physically, your core consists of the dynamic layers of muscle between your hips and ribs that provide your body stability, balance and endurance. Energetically, your core embodies the Manipura Chakra, made up of subtle energetic currents called Nadis, which govern your sense of empowerment, self-esteem and intuitive gut instincts. Spiritually, the core of your being, referred to in Vedantic philosophy as the Anandamaya Kosha, is the deepest layer of Self; your ever-present source of pure happiness and bliss. Take a journey within, and awaken all aspects of your core in this physically invigorating, energetically uplifting and spiritually enlightening yoga class.

FRIDAY JULY 13TH

11am-1pm

A110 BENDER BIRCH- ALL LEVELS

Detox for Mind and Body

The combined cleansing of sweat, breath, and attention a strong, rajasic (active) astanga vinyasa flow yoga practice is a powerful ally in keeping the vital organs in good physical shape and the immune system strong. Using the tools that classical yoga provides – ujjayi breathing, drishti, and the bandhas, we can consciously work to eliminate toxins and pollutants from our mind and body!! Healthy diet and organic foods are critical but so is a method of strengthening the immune system and cleansing the tightness, toxins, and tension that we endure in our environment day after day. Join us for a sweaty, focused, cleansing asana practice. Includes pranayama and short discussion.

A111 WONG-ALL LEVELS

Cross Core Flow: Stance Structuring + Basic Mechanics -Discover the power and natural design of our body as a connected series of 'X' structures, that together form an intelligent spiritual mechanism that we can use awaken our source power and healing energy.

Workshop Mantra: Remember Until You Forget

Teaching: Embodiment of Form

A112 JAYASHREE & NARASIMHAN- ALL LEVELS

The Definition of Yoga according to Patanjali

Enjoy chanting and yogic philosophy with two of the most respected voices on earth. All the way from India, get direct transmission from these wonderful teachers. Question and answer is part of this class and is highly encouraged of the students. Bring something comfortable to sit on. No asana, all seated

A113 KAIVALYA- ALL LEVELS

Ganesh: Overcoming Obstacles

Ganesh is often thought of as the remover of obstacles, but we might prefer to think of him as the revealer of possibilities. This class highlight's Ganesh's story and talks about how shifting our perspective literally makes problems go away. Through intelligently sequenced vinyasa, yoga mythology and some chanting, we find out where problems really come from and why they are integral to our personal transformation within a yoga practice.

A114 ROSENBERG- ALL LEVELS

Take the Leap!

The great monkey god Hanuman once leapt across all of India in service of the highest. Hanumanasana, the full splits pose named for him, can seem daunting but the pose can be achieved at whatever level the practitioner is at: whether fully extended with the pelvis on the ground or at some point before that, it is the commitment and devotion to the skillful inhabiting of the pose that reaps its benefits. Come explore the poses and actions required to embody both Hanuman's virtues and his pose it self. In this monkey-playful class, we will work through a series of poses including a sequence written by Stacey for the "Take the Leap!" article in the September 2011 edition of Yoga Journal to explore Hanumansana.

A115 MADDEN- ALL LEVELS

Back Bending and Heart Opening

Please join Kerry Madden for an afternoon of heart opening back bends. Experience the joy and bliss as you are guided from the subtle to your deepest place in a progressively sequenced series of invigorating back bends. This not to be missed workshop will allow you to work with the wisdom of your breath and body and take you places you may not have thought possible. You will learn the safety of correct alignment and reverse the effects of all the forward oriented activities of our daily lives, as well as techniques to

relieve back pain. Be bold and learn to trust the guide within your heart. The ability to push up into wheel pose is recommended.

FRIDAY JULY 13TH 3-5pm

A120 WHITWELL- ALL LEVELS

The Principles of Yoga according to Krishnamacharya, the Teacher of our teachers.

The power and efficiency of Yoga as taught by Krishnamacharya. While respecting the popular styles and each person's background Mark will show how the ancient yoga technology brought forth by Krishnamacharya can serve the practice you already know and love.

A121 WONG-ALL LEVELS

Love Warrior Flow: Dynamic Power + Deep Poses

Find out what the Warrior power structures were originally design for and discover the purpose of the pose that we call *Bandha-Asana*. Equally important are the connecting breath-movements that create the fluid dance of stance that we call *Prana-Vinyasa*. You will learn that all poses are born from the warrior poses!

Workshop Mantra: Know Your Body Know the Universe

Teaching: Expanding From Singularity

A122 JAYASHREE & NARASIMHAN-ALL LEVELS

The Shanti mantras of the Upanishads

Enjoy chanting and yogic philosophy with two of the most respected voices on earth. All the way from India, get direct transmission from these wonderful teachers. Question and answer is part of this class and is highly encouraged of the students. Bring something comfortable to sit on. No asana, all seated.

A123 CUMMINGS-ALL LEVELS

Adaptation in Asana: upper body

Imagine a world where the most important thing about each yoga posture is not how it looks, but the *real benefits* it offers. A world where each *asana* practiced is carefully selected and finely honed to make the maximum contribution *to you as a unique individual*. This was the world of T. Krishnamacharya, “the father of

modern yoga". Grounded in the tradition of Krishnamacharya and his son, T.K.V. Desikachar, this practice session explores *asana* variations, with an emphasis on creative adaptations for the lower body. Moving slowly in harmony with the breath you will experience the effects of each adaptation and discover a vivid new landscape of sensation in basic postures. Holding this sensation in the light of openness, curiosity and kindness will allow the profound wisdom of your body to be received and the pulse of the sacred within you to be touched.
Please bring a notebook and pen to record your experience.

A124 STRAUB-ALL LEVELS

Tibetan Heart Yoga, Series 1, extended version.

Featuring The Six Paramitas (Perfections) and Tonglen Meditation. Learn unique and very interesting asanas that you've probably never seen before! Also explore gentle pranayama, special meditations, Tibetan chant, mantra, and more. Bonus: Karl will give a demonstration of overtone chant (throat singing) too! Open to all levels. (Mostly asana)

A125 NELSON-ALL LEVELS

The Power of Twists

Twisting in yoga can bring up different things for each of us; you may cringe at the thought of twists or you may rejoice. Either way the aim of this class is to heal and balance not just our backs, but our minds as well. In class we will learn how to twist using The Baptiste methodology to access greater mobility throughout the whole body. Through a warm-up series of Sun Salutations, side bends, hip, and shoulder openers we will move into progressively deeper standing and seated twists to empower ourselves into a balanced place of freedom and greatness! *Not recommended for anyone with a major back injury.*

SATURDAY

SATURDAY JULY 14TH 8am-10am

B201 PACE- ALL LEVELS

"Maha Shakti"

Honoring the Divine Feminine thru story, song and movement. This class will include a strong vinyasa practice so come ready to move.

B202 WONG- ADVANCED

Power Press Flow: Handstands and Arm Balances

This workshop will be an opportunity for those of us interested in mastering our ability to jump with control into and out of any position, awakening our natural ability to balance on our arms in hand stands and arm balancing poses. We can develop a steady happy connection that in yoga is called *Sthirah Sukham Asanam*. You can expect to learn valuable techniques and asana sequencing that will strengthen and awaken your practice with a graceful form.

Workshop Mantra: Empty Mind - Open Heart - Free Spirit

Teaching: Repetition Invokes the Highest

B203 STRAUB- ALL LEVELS

Water Dragon Flow.

2012 is the year of the Water Dragon, symbol of effortless power and wisdom in the Chinese and Mongolian Zodiac, and in writings of Dōgen Zenji. With compassionate intention we will offer up an energizing vinyasa flow, an inspirational asana practice for your whole body, set to great music, integrated with breath, free of aggression, but full of awareness and limitless potential. "The Truth appears, there being no delusion. If you understand this, you are completely free, like a dragon that has obtained water or a tiger that reclines on a mountain." -Master Dōgen. You'll get a great workout without getting wiped out. Then lie down and allow it all to assimilate with deep relaxation, and healing visualization. A sacred inner journey. (Mostly asana.).

B204 ROSENBERG-ALL LEVELS

Recharge and Shine! Standing Poses and Backbends

Backbends are the perfect tonic to help open and strengthen the back, chest, and shoulders. Anusara's Universal Principles of Alignment provide the key to accessing deep backbends. Learn to build a solid foundation with standing poses and new ways to access your shoulders and spine, and then delight in the experience of deepening your backbend practice from wherever you are. You can expect to increase the range of motion in your hips, shoulders, and neck while energizing your entire system.

B205 A. JOHNSON- ADVANCED

Happy Hanuman

Is your monkey mind getting in the way of your monkey splits? In this practice, we will take a journey into opening and stretching the entire body paying special attention to the lower limbs. Bring your sense of adventure and be ready to explore all kinds of postures containing the splits!

B206 PORTER- ALL LEVELS

What's the Deal? What's REAL?

We may not know it, but we can move from one day to the next while stuck in a mental hypnosis. We drive the same routes to work, eat the same foods, feel the same worries, have the same reactions etc.. This class is designed to emPOWER you to awaken, observe and energize. We will revive areas of curiosity and excitement that have been stagnant and re-build the confidence required to take that next step in life! This class has an emphasis on the breath throughout the flowing asana. Without it we're constantly in our heads and it's time we drop in to FEEL what's REAL!

SATURDAY JULY 14TH 11am-1pm

B210 BENDER BIRCH- ALL LEVELS

Keeping Your Heart Open

Join us for a joyful workshop with best selling author and long time teacher and yoga practitioner, Beryl Bender Birch. Through asana (detox combination of 1st and 2nd astanga series – all levels welcome) and mindful awareness, we will see that the key to keeping your heart open no matter what is going on - rain or shine, dark or light, pain or pleasure – is to simply pay attention, breathe and relax, and walk the Middle Path of non-resistance – over and over and over. Then, what we practice in community with like minded souls in our shalas and studios becomes – we hope – less challenging out there on the streets with friends and family, those real “teachers” who see and think differently from us.

B211 WONG- ADVANCED

Dynamic blend of martial arts and vinyasa yoga. Come ready to move and open.

B212 IVANHOE-ALL LEVELS

Yin Yang Yoga

Most of us are looking for balance in our lives, but we don't know how to get it, or why we fell out of balance in the first place. The Taoists teach us about two opposing energies called “yin” or in-flowing energy and “yang” out-flowing energy. In this two- hour practice, we will divide our time evenly between these two forces. The first hour will be the “yang” practice in which we will heat the body through sun salutations and standing postures gracefully put together into a vinyasa flow sequence. This time is designed to burn off impurities, to literally melt away the tension and stress that resides in the pockets of the body. The second half of the practice will take the open cleansed body through long hip openers, restorative postures, pranayama and meditation. This process will rejuvenate the body leaving you feeling peaceful, passionate and playful!

B213 SEAN JOHNSON-ALL LEVELS

Bhakti On The Mat

Deepen your connection to the spirit of life by merging the heart-opening qualities of bhakti yoga with the sensuality and vitality of asana in this playful workshop which includes storytelling, poetry, kirtan chanting, graceful vinyasa sequences, and the funky live grooves of The Wild Lotus Band- Alvin Young and Gwendolyn Colman. Some experience with vinyasa yoga is recommended.

B214 CUMMINGS- BEGINNER

Adaptation in Asana: lower body

Imagine a world where the most important thing about each yoga posture is not how it looks, but the *real benefits* it offers. A world where each *asana* practiced is carefully selected and finely honed to make the maximum contribution *to you as a unique individual*. This was the world of T. Krishnamacharya, “the father of modern yoga”.

Grounded in the tradition of Krishnamacharya and his son, T.K.V. Desikachar, this practice session explores *asana* variations, with an emphasis on creative adaptations for the lower body. Moving slowly in harmony with the breath you will experience the effects of each adaptation and discover a vivid new landscape of sensation in basic postures. Holding this sensation in the light of openness, curiosity and kindness will allow the profound wisdom of your body to be received and the pulse of the sacred within you to be touched.

Please bring a notebook and pen to record your experience.

B215 STECHERT- ALL LEVELS

INVERSIONS, A WORLD UPSIDE DOWN

Sirsasana and Sarvangasana are the King and Queen of Yoga postures and they bring the most benefit to the organic body. We will explore the benefits of these poses and how to practice all inversions safely. 3 blankets and belt required.

SATURDAY JULY 14TH **3-5pm**

B220 JAYASHREE & NARASIMHAN-ALL LEVELS

Yoga in the Bhagavad Gita

Enjoy chanting and yogic philosophy with two of the most respected voices on earth. All the way from India, get direct transmission from these wonderful teachers. Question and answer is part of this class and is highly encouraged of the students. Bring something comfortable to sit on. No asana, all seated.

B221 WHITWELL- ALL LEVELS

The Four Principles of Successful Yoga 'and Life'.

"Yoga must be adapted to individual needs. Adapt Yoga to the individual, not the individual to the yoga. There is a perfect yoga for every person. If you can breath you can do yoga" -- Krishnamacharya.

How do we make sure our asana is actually hatha yoga?

B222 KAIVALYA- ALL LEVELS

Kali & Durga: Winning the War

Kali and Durga are goddesses that help us to wage the internal battle and overcome our ego and fear. This is very helpful in the process of yoga as we try and deconstruct who we think we are in favor of loving what is. Through chanting and live music, yoga philosophy and yoga sutra, we work through a vigorous vinyasa practice to embody what these teachings offer us - freedom and happiness.

B223 ENGLISH-ALL LEVELS

Stalking Your Spirit Fire

The wisdom of Forrest Yoga guides you into tracking the path of your Spirit and welcoming it home. Seeking the warrior's journey into the heart, let intelligently constructed backbending sequences open you to the Fire of your own transformation. Delight in the power that unfolds when you courageously uncover and feed your Spirit. This practice is suitable for all levels and you will need 2 mats, a block and strap

B224 IVANHOE-ALL LEVELS

Yoga Nidra

You deserve a break! So much of the yoga we do heats the body as a method of melting away tension. This is so important, but it is only half of the practice. We need to take time to rest and rejuvenate, to allow the new energy, "prana" to flow into the body. In this workshop we will do gentle vinyasas that slow the body down, hip openers to release deeply held tension and restorative postures that allow the fresh prana to flow into the body. We will practice pranayama as a way of slowing the body down and meditation as a way to practice peace . Finally we will practice yoga nidra, or yogic sleep, a guided relaxation that allows the practitioner to enjoy an altered sense of reality, a relaxation that is deeper than sleep, more replenishing than the REM state, a state of bliss. We all deserve a rest, we all deserve peace. The more we practice, the more we can access that peace with ease and spread it to others. Gentle restorative class for all levels.

B225 VINCENT-ALL LEVELS

Freedom in Backbends: Breaking the habits that cause pain.

Take an in depth look at the mechanics of Backbending, and the habitual patterns of movement which inhibit our ability to find freedom and enjoyment in backbends. The asana work will be grounded in a discussion of the cycle of suffering (Samsara) as presented by Patanjali in his codification of the Kleshas in the Yoga Sutras.

SUNDAY

SUNDAY JULY 15TH

8am-10am

C301 A. Johnson- ALL LEVELS

Vibration Vinyasa

This fluid vinyasa flow class will tap into the five elements with the assistance of music that correlates to earth, water, fire, air and space. Learn to move fluidly and powerfully by way of intelligent sequencing that will leave you feeling balanced, open and ignited!

C302 WONG- ALL LEVELS

Contact Arts Flow: Self + Partner Adjustments

Since their creation, dance, martial arts and yoga have found common ground in contact movement and healing therapy; this contact practice helps us become aware of a deeper sense of who we are as healer-warriors, and how we see ourselves and each other in the world as related beings, supporting one another's movement in our every motion.

Workshop Mantra: Master the Movement – Master the Mind

Teaching: Respect+Honor Through Presence

C303 PACE- ADVANCED

Classical Guided Primary Series

Experience a led primary series (yoga chikitsa) with a senior Ashtanga teacher. This class will move from beginning to end and is ideal for students with an understanding/proficiency in primary series. NOT for beginners.

C304 ENGLISH- ADVANCED

Fly High: Arm Balancing and Inverting

Use the tools of Forrest Yoga to learn to float between arm balances and soar into inversions with confidence and ease. Embrace the energy of the eagle and gain a new perspective in the high altitude for these powerful poses! Craft your own source of exhilaration as you explore the latent buoyancy inside you just waiting to come out and stretch its wings. This practice is suitable for the intermediate practitioners and you will need 2 mats, a block and strap.

C305 Duke-ALL LEVELS

The Alchemy of Yoga

Have you ever walked into a class feeling heaviness? Regardless if it's in the body or the mind, just the practice and breathing itself lightens oneself. Alchemy is the process of taking something ordinary and making it extraordinary. In this class, we will work into building some heat to loosen and expand the fascia and connective tissue around the pelvis. When this happens, the body will feel lighter creating more freedom around the midline. Be prepared to both move and sit in the fire while holding poses.

SUNDAY JULY 15TH

11am-1pm

C310 WHITWELL- ALL LEVELS

Yoga from the heart - for the Heart (Advanced Personal Practice for everyone)

Getting it right for your self and others. Awaken yoga practice to the peace and power of your natural state. Weaving the tools of yoga into personal and powerful systems. The beauty of non-obsessive, yet actual daily practice. We will define daily practice and discuss the purpose of yantra and mantra in asana and pranayama

C311 IVANHOE-ALL LEVELS

Dristi

“The eyes are the windows to the soul...” William Shakespeare ~So much of our yoga practice addresses our bodies through physical asana and our minds through intellectual knowledge of anatomy, but the soul is often forgotten or it remains mysterious as to how to access it. The gazing point of the eyes is called “dristi” and it is directly responsible for the flow of our energy. Where the eyes go, the energy flows, we can feel this in all we do. In this workshop we will address

how to use the dristi to help bring us into balance and how the direction of the eyes either consciously or unconsciously is always informing our yoga practice and our lives. Through the structure of a vinyasa flow sequence, we will learn how to access the third eye, the eye of intuitive wisdom and to learn how to direct our gaze and our attention inward. We will learn about the different forms and layers of dristi as well as practicing “trataka” or candle gazing as a method of purifying the eyes and cultivating divine sight. Strong vinyasa class, but all are welcome.

C312 BENDER BIRCH- ALL LEVELS

Hard & Soft – Keeping Your Yoga Practice Strong and Safe

Whether we are teaching or practicing asana, it is important to be aware of the balance in our practice between hard (contracting and pushing forward) and soft (relaxing and backing off). There is a really fine line between too much and not enough and this boundary is always shifting. Our main objective in our practice and with our students is to do no harm. Our practice should teach us to pay really close attention to our edges and to develop a keen awareness of how far we can safely go, or encourage a student to go, in a posture. Generally there are three things that cause injury for a yoga practitioner – ambition, inattention, and having an over-zealous teacher push you into a posture. Join us for asana (vinyasa flow) and discussion of the many rewards but possible risks of our asana practice.

C313 CUMMINGS-ADVANCED

Adaptation in Asana: exploring the breath

Imagine a world where the most important thing about each yoga posture is not how it looks, but the *real benefits* it offers. A world where each breath of your daily *sadhana* (practice) is carefully measured and fine-tuned to maximize *your personal vitality, health and sense of wellbeing*. This was the world of T. Krishnamacharya, “the father of modern yoga”.

Grounded in the tradition of Krishnamacharya and his son, T.K.V. Desikachar, this practice session explores creative breath adaptations in *asana*. Moving slowly through basic postures, using different breathing rhythms, you will feel the distinct effects of each adaptation and discover the pools and eddies of your native *prana* (life force) flow. Working with the intimacy and immediacy of the breath inspires profound gratitude and awakens us, in awe, to the power of life itself.

Please bring a notebook and pen to record your experience.

C314 STECHERT-ALL LEVELS

BACKWARD EXTENSION

Each part of the body that we have explored through the other postures will come together in the opening created in backbends. We will work with a sequence that systematically addresses the fundamental aspects of backbending. We will start with the strength needed in the spine with Salabasana, with the length in the thighs in Ustrasana and the strength and openness in the shoulders in Urdhva Mukha Svanasana. All of these will come together in a deeper understanding and experience of Urdhva Dhanurasana.

C315 VINCENT-ALL LEVELS

Growing a Lotus

The Beauty that emerges from the muck. In this workshop we will explore how to radically free the hips and ankles in order to find a comfort in one of the most beautiful and iconic yoga asanas, the "Lotus Position" or (Padmasana). The session will help students begin a mindful exploration the deep physical and emotional holding (Granthis) in the hips and pelvis. We will explore some commonly practiced poses (from a new perspective) and some poses rarely practiced or taught - which can be of tremendous benefit in identifying and finding freedom from habitual patterns of holding in the hips.

SUNDAY JULY 15TH

3-5pm

C320 JAYASHREE & NARASIMHAN- ALL LEVELS

The concept of Samyama, Dharana, Dhyana, Samadhi

Enjoy chanting and yogic philosophy with two of the most respected voices on earth. All the way from India, get direct transmission from these wonderful teachers. Question and answer is part of this class and is highly encouraged of the students. Bring something comfortable to sit on. No asana, all seated.

C321 KAIVALYA- ALL LEVELS

Myth & Mantra Workshop: Kirtan with Storytelling

This workshop explores the mysticism of yoga mythology found within the music of kirtan. Kirtan literally means "to cut" and is a yogic practice that allows us to cut through the veil of impermanence to reveal the light. Music has been a part of every culture throughout history, and the culture of music within yoga allows us to continue our yoga practice long after the bending of asana stops and it also

brings to life some of our favorite tales from yoga mythology. This workshop contains chanting and lecture. Be prepared to sit comfortably.

C322 ROSENBERG-ALL LEVELS

Release and Soar! Hip Openers and Arm Balances

Come learn the secrets of unlocking your lower back and hips to find greater freedom, ease, and energy! Our largely seated lifestyles lead to blocked energy and tension in the lower back and pelvis causing great discomfort and health problems. In this class we will use hip-openers to release the tension that inhibits us while accessing the balance of inner and outer strength to cultivate the lightness to fly. Come take flight for the first time, or soar to new heights! In addition to feeling increased vitality and empowerment, you can expect more ease in your hips, greater freedom for your spine, and comfort for your knees.

C323 STRAUB- ALL LEVELS

Restoratives and Deep Relaxation.

Feeling tight from travel, hiking, and asana? Yeah, me too! Indulge body and mind with some great restorative and therapeutic poses. Your sore muscles will thank you, and your mind will clear. Learn targeted and efficient techniques to counterbalance to your your busy life. Release tight hips, back, shoulders, and neck. It's like your own therapy system that you get to take home with you! Plus a few fun partner yoga moves, and what might be your deepest relaxation yet featuring guided visualization and healing affirmation. You'll walk out feeling like a new person.

C324 DUKE-ALL LEVELS

The Journey Of Hanuman

We will journey together on the path towards the full splits (hanumanasana). I have always loved what Hanuman stood for. One of his greatest gifts is that he can get bigger than a mountain but also shrink smaller than a mouse. It's important in life to see the whole picture. When we can see from this perspective, we can be larger than the problem itself. Creating this type of flexibility in our hearts enables anything to be possible. Be prepared to do a full warm up leading to the breakdown of the apex poses

C325- MATSUMARA-ALL LEVELS

Joyful Vinyasa

This practice is all about Ananda (Joy) and Vairagya (Non-attachment). With putting a little extra fun and creative freedom into the mix, you will be surprised at what you are capable of achieving. We'll also explore variations of poses, while

still keeping it light-hearted. And to add to the light-hearted theme, traditional yoga chants and not-so yogic, but really fun music will be incorporated. This workshop will encourage some lightening-up on your path towards enlightenment!