

Ashtanga *re-Aligned!*

Sunday, April 17th, 2005

Yoga Flow • 18th Street @ Collingwood in the Castro • San Francisco

A 3-hour workshop for understanding & implementing alignment & breath principles to stay safe and reap the greatest benefit from your yoga practice.

Each of these workshops is intended to help students integrate safely into a *Mysore-style Ashtanga Practice* (a self-paced morning practice wherein students receive personal attention on alignment, breath and correct sequencing). Because the Ashtanga sequence contains within it the foundational asanas from most *Flow Yoga, Vinyasa* and *Power Flow* classes, students drawn to these formats of Yoga will benefit enormously from participation in this workshop. □

Great attention will be given to the upward/ downward dog sequence and how to avoid lower back and shoulder injuries. Students will learn how to use the internal locks and ujjayi pranayama to support an easeful flow through the sequence. □The workshop will be presented in four parts, including (1) an opening meditation and invocation; (2) principles for practicing with physical and energetic integrity; (3) alignment principles for asanas from the *standing* sequence; and (4) alignment principles for the *seated* and *closing* portions of the Primary series.

By the end of this workshop students will:

- ✦ Be wiser & more at ease in mind, body & spirit, even in the most rigorous of flow classes.
- ✦ Understand the foundational principles of Yoga asana (poses) for ensuring a safe & healthy practice every time!
- ✦ Be prepared to join the morning **Mysore-style Ashtanga** Practice at Valencia Yoga Tree (Every Monday & Wednesday at 7 a.m.)

Fees: \$40/person at the door. Students and advance registrants pay only \$35.

About the teacher:

Amy Kahn's eclectic history with movement as a spiritual discipline started with the martial arts at age 14, which she enjoyed through college. □After discovering yoga in 1998, she has since made this the centerpiece of her vocational and spiritual life. Amy has studied Ashtanga yoga and pranayama (breath work) in Mysore, India with B.N.S. Iyengar. She received certifications for teaching Hatha yoga from Darren Main, the alignment principles of the Anusara system from Katchie Gaard, and the Ashtanga Primary sequence from Clayton Horton of Greenpath Yoga. □Amy is also a practitioner of Thai massage, prenatal massage and Reiki.

For more information, or to see her schedule, please feel free to visit www.GrowingStill.com, or contact Amy directly at amy@growingstill.com.

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