

Clear Heart, Steady Mind, Vibrant Being

All Levels Workshop with

Doug Keller

April 30 - May 2, 2010



The tradition of hatha yoga began with sages who were spiritual masters, as well as healers. They revolutionized the practice of yoga with a clear and integrated vision of practice that touches body, breath, mind and heart, and which invoked the illuminative and transformational power of grace in a way that had been largely missing during the reign of the classical tradition of meditation.

Friday Evening 6:00-8:00pm

Sacred Freedom - The Sacrum and its support system: *All-Levels Asana Practice*

We will focus on the sacrum and low back, using basic actions to provide for the mobility and stability of this all-important joint system. You will gain practical insights into opening tight hamstrings and hips, preventing and overcoming injury, and generally bringing new inspiration to your practice. Standing poses will never feel the same, hips will open, and backs will bend! \$35

Saturday Morning 10:00am-1:00pm

Hatha Yoga, Illuminated: *All-Levels Asana & Meditation Practice*

This practice will be a rousing, illuminating and fun practice of asana threaded with the insights on mudra, bandha and breath set forth in the original yogic texts such as the Hatha Yoga Pradipika. This will lead us into deeper insights into the spiritual power of the breath — how to invoke and experience it through practice. \$50

Saturday Afternoon 2:00-4:30 pm

Tantra Engages Life: *All-Levels Meditation and Pranayama*

We'll explore how Tantric philosophy offers an approach to pranayama, meditation and spiritual progress that can closely complement and enhance contemporary life. Learn practical techniques that will deepen and inspire your practice — you will leave with tools to empower and expand your own practice. \$40

Sunday Morning: 10:00am-1:00pm

The Shoulders: In Depth: *All-Levels Asana and Yoga Therapy Practice*

This practice will provide an in-depth look at the anatomy of the shoulders and problems arising from their structure, as well as techniques for assessing the strength and quality of function of important shoulder muscles. These assessment techniques will be joined to a sequenced exploration of the poses and stretches that systematically address these problems. Far more than simply an asana session focused on the shoulders, this session will give both students and teachers tools for continuing work with your or your students shoulders. \$50

We are very pleased to welcome Tantric scholar **Doug Keller** to Yoga Center — he is widely recognized for his unique and insightful contributions in the field of hatha yoga, yoga therapy and Tantric yoga philosophy. Doug is the author of several widely read books on these topics and writes the “Asana Solutions” column for Yoga+ magazine.

For more information visit www.DoYoga.com.

Cost for entire weekend:

\$150 if paid by April 16;
\$160 thereafter

Registration:

Call 978-463-4354 or email center@newburyportyoga.com



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