

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS**LEARN HIMALAYAN PRAYERS**
Anil Saigal, Saturday, January 9

1:30 PM – 3:30 PM, Cost: \$25
Prayers and offering homage to guru and sages has been an essential part of personal yoga and meditation

practice for thousands of years. Himalayan Tradition recommends specific and yet ancient prayers to be included in your yoga and meditation practice. These prayers will be introduced, and their origin and meaning will be explained. Correct pronunciation and recitation will be taught. Reciting Himalayan Prayers is a powerful addition to your practice, come and learn them.

(Qualifies for 2 CEU credits with Yoga Alliance)

**BREATHING WITHOUT BOUNDARIES**
Steve Nakon, Saturday, February 13

1:30 PM – 3:30 PM, Cost: \$25

Explore the role of asana in preparing the body and mind for a deeper experience of the breath. Building step by step (vinyasa krama) with guidance and compassion we will learn how sequencing and modifying

certain postures can open the body and release deeply held tension. This practice helps develop awareness and prepares the body for the experience of full and radiant breath. Asana and Pranayama. All levels.

(Qualifies for 2 CEU credits with Yoga Alliance)

**UNIVERSAL PRINCIPLES OF ALIGNMENT**

Wanona Wellspring, DN
Saturday, January 16

1:30 PM – 3:30 PM, Cost: \$25

Universal Principles of Alignment founded by John Friend in 1997, includes Anusara yoga which is a

school of hatha yoga. Anusara seeks to unify a life-affirming Tantric philosophy of intrinsic goodness with Universal Principles of Alignment. As John says, "An important intention in Anusara Yoga is to recognize our true nature as supreme auspiciousness." Five main alignment principles are applied sequentially in each pose. There are secondary alignment principles, which can be used to refine alignment.

(Qualifies for 2 CEU credits with Yoga Alliance)

INTRODUCTION TO INDIAN COOKING

Dr. Shashi Saigal

Saturday, February 20

2:30 PM – 4:30 PM

Cost: \$25

Indian dishes are a delicious way to spice your



life. You can join Shashi in a practicum based class to learn the basics of North Indian cooking, the basics of Indian spices, and the key ingredients frequently used. The participants will learn how to make chai, pulao (mixed rice dish), daal (lentils), and side vegetables. The class will be held at the Saigal residence so that cooking facilities are available to the participants. Attendance is limited to 10 participants on a first come first registered basis.

(Qualifies for 2 CEU credits with Yoga Alliance)

**CHILDRENS YOGA:**
A WORKSHOP FOR TEACHERS

Lisa Miles, RYT- 200

Renee Chwaszczewski, RYT 200

CANCELED DUE TO

UNFORESEEN CIRCUMSTANCES

WILL BE RESCHEDULED

Come learn how to teach yoga to children in a creative way. Songs, stories and nature come alive through creative yoga. Learn how to demonstrate yoga to children with a balloon. Inspire children through the wonder of breath with movement. Tap into their own infinite power through legendary fables or favorite animal characters. Learn games and activities that will surely spark any child's interest in yoga. *(Qualifies for 2.5 CEU credits with Yoga Alliance)*

SCRIPTURES IN YOGA

Anil Saigal, RYT 500, Saturday, February 27,

1:30 PM – 3:30 PM, Cost: \$25

The practices within Yoga and Meditation were introduced thousands of years ago. With growing popularity of these practices and introduction of a wide variety of "modern" types of yoga, their ancient and authentic meaning has been obscured. To reap deep benefits, it is important to cultivate an understanding the original texts and scriptures that introduce the yoga and meditation practices.

This class will introduce the major scriptures that systematized the yoga knowledge. Major texts such as Veda's, Yoga Sustras, Bhagavadgita, Yoga Vashishtha, and key Upanishads will be discussed. Come and join us for an informative afternoon to get acquainted with the source of the practices that is transforming people's lives. *(Qualifies for 2 CEU credits with Yoga Alliance)*

PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS**AYURVEDA THEORY AND PRACTICE****Gary Gran****Sunday, February 21****10:30 AM – 3:30 PM****Cost: \$50**

Ayurveda is an effective time-tested approach to health and self-care because it sees each person as unique. What is helpful for one person may not be helpful for another. This workshop is highly recommended for those new to ayurveda. There will also be new insights for those already practicing.

Required for 500 TTP students.*(Qualifies for 5 CEU credits with Yoga Alliance)***DEVELOPING THE CORE MUSCLES****Wanona Wellspring, DN****Saturday, March 20****1:30 PM – 3:30 PM, Cost: \$25**

This class will help students develop their core muscles as well as giving them a strong foundation. Strong core muscles improve balance, coordination, posture, and reduce incidence of low back pain.

(Qualifies for 2 CEU credits with Yoga Alliance)**YOGA THERAPY FOR UPPER BACK, NECK & SHOULDERS****Dale Buegel, MD****Saturday, March 6****1:30 pm – 4:00 pm****Cost: \$30**

This workshop will cover the following:

- Understanding Back Pain
- How to safely perform postures and movements
- Upper Back and Neck Therapy
- Neck and Shoulder Therapy

(Qualifies for 2.5 CEU credits with Yoga Alliance)**ILLUMINATING THE CHAKRAS: LIBERATING THE BODY'S MANDALA WITH VINYASA YOGA****Sara Miller, E-RYT 200****Saturday, March 13, 1:30 pm – 4:30 pm, Cost: \$35**

The word Chakra is Sanskrit for "wheel." Chakras are wheels of energy which churn prana, or life force energy, through the body. This workshop will begin with a meditation and discussion on prana, charkas, and the nadis; theory and application for awakening the yogic body; the nadis (energy channels); the 7 primary charkas; the 5 elements; and the movements of prana. Come experience an integrative approach to the charka system within Vinyasa Flow Yoga. Suggested reading: Chakras: Energy Centers of Transformation by Harish Johari.

**LIVING IN YOGIC ABUNDANCE****Man Mohan Shukla, Life Coach, and Leadership Trainer****Saturday, March 27****1:30 PM – 4:30 PM****Cost: \$35**

The purpose of this workshop is to understand the functioning of the mind-body complex and identify the mental-emotional factors that drive all actions and behavior. It explores the fundamentals of change and the conditions required to achieve it. Techniques to identify your individual barriers and develop a map for attaining health are discussed. Practices to achieve higher levels of self-awareness and develop healthy mental-emotional habits are covered.

FIRST SUNDAY OF THE MONTH**3:00 PM – 4:15 PM****CHILDREN'S YOGA****Fun-filled and age (6-11 yrs.) appropriate****class designed to improve strength, balance and concentration.****DROP IN FEE \$8****PLEASE CHECK WEB SITE OR CALL OFFICE FOR DETAILS**