ASHTANGA
YOGA REFINED
RON REID &
MARLA MEENAKSHI JOY
SEPTEMBER 13-15
MONTANA AVENUE

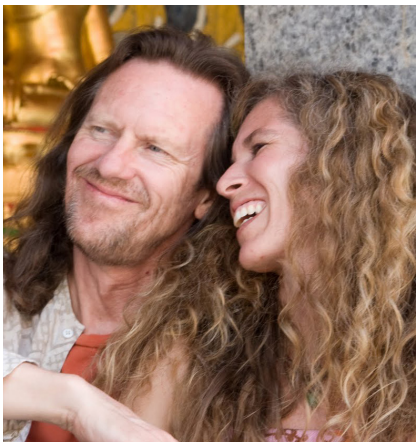
$40 PER CLASS
$175 FULL WEEKEND

Friday 7-9pm: Led Primary to Shanti Pulse— This class is a led Primary Series class set to the track "Shanti Pulse" by Swaha (Meenakshi and Ron Reid). Attention to the even-pulse of the Ujjayi breath held by the rhythm of the drum beat as well as attention to natural body alignment in the poses supports an invigorating, unique and inspiring experience of the Primary Series.

Saturday 2-4pm & Sunday 12-2pm: MYSORE with Ron & Marla— We approach the Mysore practice with a desire to help our students, with hands-on adjustments and verbal cues, to understand the actions necessary in aligning the spine and energy body for the deepest experience. *Continued on back*

Saturday 4:30-7:00pm: Preparing To Go Hip Deep— A lot of poses require us to be open in our hips. Sometimes the cause of injury to our knees is the lack of mobility in the hip area. *Continued on back*

Sunday 1:30-5:00pm: Bend without Breaking: Backbending from the Floor Up!— In order to liberate our energy in backbends, we first need to discover ways of working with the spine that allow us to balance its tendencies into a uniform flow. *Continued on back*



Ron Reid *is one of Canada's top teachers. His approach is inspired, informed and non-dogmatic. He is co-owner and director of Downward Dog Yoga Centre and has been teaching since 1988.*

Marla Meenakshi Joy *brings her healing touch as a Shiatsu Therapist, and her years of study in India to her palate as a teacher of Ashtanga, Meditation, Sanskrit and Chanting.*

Together, Ron and Marla teach yoga with care and passion and have been teaching master classes, teacher training and workshops around the globe for the past 15 years. In addition they share a love of music, as recording artists collectively knows as SWAHA.
Learn more at swaha.ca or downwarddog.com

TO REGISTER, VISIT **YOGAWORKS.COM** OR **CALL 310.393.5150**

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yogaworks® FOR EVERYBODY

Saturday 2-4pm & Sunday 12-2pm: MYSORE with Ron and Marla *con't* —
During the Mysore class students will get individual support in their approach to the practice and adjustments to help them develop key actions in their bodies, encouraging conscious movement and the prevention of injuries. By adapting the practice to each individual's needs we feel there is a greater opportunity for pain-free practice.

Our pledge to our students is that you will always be treated with kindness, respect and intelligence.

Saturday 4:30-7:00pm: Preparing To Go Hip Deep— *con't*
By understanding and finding preparations that allow us to specifically focus on this area and release it, we can move to a deeper place in our practice.

Poses like Janu Shirshasana (head to knee pose) on the easier end of the scale, and the more challenging poses like Eka Pada Shirshasana (leg behind the head pose), to name a few explored in this workshop, essentially all share the same journey.

Sunday 1:30-5:00pm: Bend without Breaking: Backbending from the Floor Up!— *con't*
This requires stabilizing and strengthening in some areas, and extending and opening other areas.

We will be exploring some of the poses from 2nd Series, as they contain all of the components necessary for developing both deeper and more balanced backbends, as well as exploring what is needed in dropping back and standing up!

These workshops meets the Yoga Alliance Continuing Education standards.

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