

Mary Paffard

LIVING IN THE BACK BODY

September 24-26, 2010



"We are constantly propelling ourselves forward in our busy, demanding lives. The back body is often neglected and unknown. This workshop seeks to address this imbalance and bring us more completely into our lunar side. The path is to sense a wholeness to the practice, where breath, meditation and movement intertwine. The goal is to deepen ones understanding of what practice on the mat can bring to life off the mat!"

Mary Paffard, director of teacher training at Yoga Mendocino in Ukiah, CA, is widely regarded as one of the finest yoga teachers in the country. Her long dedication to the practice and teaching of yoga combines with an infectious good humor to produce a gentle yet vigorous approach to the art of vinyasa. www.maryyoga.com

WEEKEND WORKSHOP

September 24-26

Friday, Sep. 24, 6:00-8:30 pm

Quiet yet awake! Supine and seated poses, softening the "I" and awakening into universal mind. Beginning and ending with meditation.

Saturday, Sep. 25, 9:30 am-12:00 pm

Backwards to go forwards. Using partner work, props, breath and sound to explore the back body in active poses, standing poses and backbends.

Saturday, Sep. 25, 1:30-4:00 pm

What brings us home? Identifying what deepens our practice and what helps this quality of deep listening. Restoratives and Inversions. Options will be given. Meditation.

Sunday, Sep. 26, 8:00-10:30 am

Receptivity in Vinyasa. Working without the external eye. Reviewing the weekend through flowing sequences.

FRIDAY AFTERNOON CLASS

Friday, September 24

12:00-4:00 pm

SHOULDER JOINT in CHATARANGA DANDASANA

"Yoga scholars now tell us that our dear yoga "push-up" was probably stolen from European gymnastics no earlier than the beginning of the 20th century. Its heritage as a "classical" pose is questioned! However, yoga is an evolving art. This pose, if skillfully taught and practiced, can build confidence, joy and stamina and support evolution in inversions and arm balances. Join us for a day where we look at our intentions in teaching and practicing this pose. We'll explore the typical issues that arise and a variety of ways to introduce and refine this "bete noir" of poses. The day will include practice, observation, and group work. Please bring your questions with you."

Friday Afternoon Class: \$70 (\$80 after Sep 8)

Weekend Workshop: \$140 (\$160 /\$50 session after Sep 8)

All Classes: \$170 (\$190 after Sep 8)

To register, send a check for full payment with e-mail address for confirmation to:

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