

## ART & MASTERY OF POWER YOGA

Deepen your understanding of yoga and level-up your personal practice while learning the alignment of more than 50 poses and more, in this 3-part series.

### Foundations in Vinyasa Yoga – August 23.24.25

Deepen your understanding of Vinyasa Yoga by studying and practicing the alignment of key foundational poses in Sun Salutations A & B.

Practice and learn to use the breath to link breath with movement to deepen each pose and create powerful transitions between poses.

Practice and study the foundational anatomy and methodology within the body that create the dynamic effects of vinyasa yoga and understand why yoga works.

Discover what's required for you to create the life you want with simple and impactful discussion and goal setting.

Through the study of *The Four Agreements*, by Don Miguel Ruiz, you will identify self-limiting behaviors & beliefs that are holding you back.

### Foundations in Strength – September 20.21.22

Study Warrior poses (1, 2, 3), High Lunge, Crescent Warrior, Extended Side Angle, Triangle; Balancing poses such as Eagle, Dancer and more; and back bends such as locust pose, camel and Full Wheel.

Practice and learn alignment of each pose from the ground up as well as modifications and variations.

Gain deeper physical access and stability by learning how to position your bones and move your muscles for maximum benefit.

Study the ancient and moral codes introduced in *The Yoga Sutras of Patanjali* by reading and discussing *The Yamas & Niyamas*, by Deborah Adele.

### Foundations in Stability – October 18.19.20

Study and learn the foundation and stabilizing actions required to anchor your body when shifting the balance of the weight from the feet to the hands and head (arm balances, handstands, headstands).

Study the foundations of anatomy within the body that create stability in each pose and transitions between poses, as well as the methodology of the whole body and mind during your practice.

Go beyond the foundations of your yoga practice with the study and discussion of *Perfectly Imperfect*, by Baron Baptiste. In this book Baron speaks to everything that happens in your body and mind after you get into a yoga pose. That is where the true transformation occurs and where much rich spiritual and emotional growth is available.

### Tuition

\$325 each weekend

\$900 complete Art & Mastery of Power Yoga

\$850 Early Bird, if booked by July 15<sup>th</sup>

### Schedule

Fridays 5-9pm

Saturdays & Sundays 8am-3pm

### Required Reading

All sessions – *Journey into Power*, by Baron Baptiste.

Foundations of Vinyasa – *The Four Agreements*, by don Miguel Ruiz

Foundations in Strength – *The Yamas & Niyamas*, by Deborah Adele

Foundations in Stability – *Perfectly Imperfect*, by Baron Baptiste