



Down to Earth  
Yoga

## Ashtanga Yoga Weekend Workshop with Randa Chehab January 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>



Workshop in memory of Ozge Karabiyik

### FRIDAY, JAN. 27TH

Ashtanga Yoga As It Was  
4:30pm - 7:30pm

### SATURDAY, JAN. 28TH

Building Strength  
10:00am - 1:00pm

Internal Fire  
4:00pm - 6:00pm

### SUNDAY, JAN. 29TH

The Evolution  
10:00am - 1:00pm

### **COST:**

\$140 for workshop and \$40/session

More info. call Randa at 581-3682

### **ASHTANGA YOGA AS IT WAS:**

We will take the time to explore how this practice was introduced to Nancy Gilgoff and David Williams in Mysore, 1973. Specifically how poses were added, which poses were in the standing sequence, grouping the asanas, and when "vinyasa" was done in seated. We will also look at the finishing series and when back bending and inversions were added. This is an incredible opportunity to experience history and see how this system is truly accessible.

### **BUILDING STRENGTH:**

The strength from this practice comes with time. As with any discipline, steadfast effort and enthusiasm help to move us on the path. We will look at options for when one feels they have "plateaued" in their practice and take a look at variations to address the physical subtleties of postures and transitions. Keeping in mind the physicality of this practice opens doors for strengthening our positive and encouraging self-dialogue and our ability to observe and witness our mind.

### **INTERNAL FIRE:**

TAPAS. At what level are we building fire and for what purpose? This session will involve some kriyas that help us increase digestive fire. We will also take time to explore how we maintain bandhas in the practice.

### **THE EVOLUTION:**

Returning to the theme of the first night we move into the intermediate series experiencing how poses were added on to the primary series, when to "vinyasa" and grouping of postures. After intermediate series back bending from the floor and "drop backs" were done as well as the sarvangasana cycle and sirsasana cycle.

In Memory of Oz, all proceeds will go to Just Giving, Oz's favorite charity. If you cannot attend the workshop but would like to make a donation, that is also possible.

-Namaste