

February 5-7, 2010

\$270/ENTIRE WEEKEND\*

\*TEACHERS SESSION NOT INCLUDED



PRAJNA YOGA

tias little



**TIAS LITTLE** brings to his teaching a wonderful play of metaphor and imagination. He is trained in Iyengar and Ashtanga vinyasa yoga and his perspective clearly reflects the Buddha's teachings.

Tias has been a student of Dzogchen practice of Tibetan Buddhism since 2003 studying with Tsoknyi Rinpoche, and he has practiced Zen meditation since 1992. Tias' teaching specializes in yoga and anatomy, blending both Western and Eastern perspectives. He is a licensed massage therapist, has studied extensively in cranial-sacral therapy and Somatics. Tias earned a Masters degree in Eastern Philosophy from St. John's College. He currently directs Prajna Yoga in Santa Fe, New Mexico with his wife Surya and leads yoga intensives both nationally and internationally.

[www.prajnayoga.net](http://www.prajnayoga.net)

**Friday, Feb 5, 3:30–5:30pm Teacher Enrichment—Kidney Shakti**

In this workshop for teachers we will regard the kidneys as huge aquifers that provide endurance and homeostasis to the entire body. This session starts with a slide show and lecture on the bio-dynamics of the kidneys, followed by kidney palpation and an asana practice with twists, forward bends and supported backbends that emphasize balancing the kidneys. (\$65)

**Friday, Feb 5, 6:15–8:30pm Folding Inward**

Forward bends serve to draw the mind inward toward the spirit and to restore the organ of the brain. This class emphasizes release of the back body—the spine, kidneys and lungs—in forward-bends in order to reduce fatigue and prepare the mind for meditation. (\$60)

**Saturday, Feb 6, 10:00–12:30pm Side Bends**

Freeing the side body is key to opening the core. If the side body is bound up the inner body has no room to expand and open. Beginning at the outer heel, along the outer leg, waist, trunk, neck and skull, we'll learn to release the sides of the body and allow the interior to open. (\$65)

**Saturday, Feb 6, 2:00–4:30pm Unwinding the Lower Back**

Lower back compression is common in our culture largely due to asymmetrical strain patterns, i.e. excess tightness on one side of the body. The class will release constriction in the sacrolumbar area through gliding and rocking movements, and reduce inflammation and compression. (\$65)

**Sunday, Feb 7, 9:00–12:00pm Yoking the Shoulder Girdle**

This session begins with an emphasis on the upper body to reduce shoulder and neck restriction by learning to effectively yoke the shoulder blades onto the back. We will practice supine, seated and standing postures that help set the shoulders efficiently on the spine and prepare for arm balances. (\$75)

**Sunday, Feb 7, 1:00–3:00pm The Spiral in Yoga**

The spiral pattern is one of the most ancient forms of life as it gives birth to galaxies, DNA, seashells and the inner ear. In this class we will investigate the coil (in Sanskrit—*kunda* as in kundalini) that is the source of all movement and practice revolving poses that activate spiral movement within the spine. (\$60)