

Friday February 15th 6-8pm

ASHTANGA YOGA: AN INTRODUCTION

This class is an introduction to Ashtanga Yoga. It is open to all levels of experience or lack thereof. The building blocks of Ashtanga Yoga will be explored through the basic elements of Breath, Bandhas and Vinyasa. There will be a short discussion followed by an introductory flow through an abbreviated sequence from the First Series. Participants will gain a good understanding of the fundamental elements present in the practice of Ashtanga Yoga in this fun-filled and informative class. The class will end with a guided deep relaxation.

Saturday February 16th 8-10am

ALL ABOARD THE ASHTANGA TRAIN

Yoga Chikitsa: A Fully Conducted Primary Series Class followed by discussion

This class is designed for those already familiar with the First Series of Ashtanga Yoga. It will be conducted like a train ride that will continue flowing along all of the way from the opening sun salutations to the closing sequence. There will be time at the end of the flow to enjoy a deep relaxation followed by an open discussion in which David will address any questions the students may have about the practice of Ashtanga Yoga.

Saturday February 16th 1-3pm

THE PHYSICS OF FLIGHT Exploring the Realms of Vinyasa

This class is comprised of a detailed exploration of the foundations of vinyasa. This challenging and sometimes frustrating aspect of Ashtanga Yoga will be broken down into its basic components and then reconstructed. There is a lot of partner work in this fun-filled and energetic class as well as plenty of laughter. Though there is no guarantee that you will be able to jump through after completing the class there is a guarantee that you will find a wealth of knowledge and information that you may apply within all realms of your practice. Alternatives will be given to allow students of all levels to attend.

Saturday February 16th 3-5pm

BREATH, BANDHAS AND PRANAYAMA: Exploring the Mantra of Ujjayi and the Mysteries of Energy Locks

In Sanskrit, Man means Mind and Tra means to Free or Deliver. Therefore the word Mantra means to Free the Mind. There are many mantras in yoga such as Om, Hare Krishna, Om Namoh Shivaya and a plethora of others. In Ashtanga Yoga the mantra is the sound of our breath: Ujjayi. There is no other sound more universal than breath. It is not tied to language or culture and is "chanted" from the first moment of birth. This class will focus on the mantra of ujjayi within asana practice as well as during pranayama. In addition to breath work the class will also explore the invisible world of Bandhas. We will attempt to gain greater understanding of these subtle yet powerful tools through interactive discussion as well as a series of practical exercises.

Sunday February 17th 8-10am

ALL ABOARD THE ASHTANGA TRAIN

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This class is designed for those already familiar with the First Series of Ashtanga Yoga. It will be conducted like a train ride that will continue flowing along all of the way from the opening sun salutations to the closing sequence. There will be time at the end of the flow to enjoy a deep relaxation followed by an open discussion in which David will address any questions the students may have about the practice of Ashtanga Yoga.

Sunday February 17th 10- 12pm

NADI SHODANA / NERVE CLEANSING

An Introduction to the Intermediate Series of Ashtanga Yoga

Students should have a regular practice of the First Series in order to attend this class. There will be an introductory discussion of the dynamics inherent to the Second Series. The Second Series of Ashtanga Yoga is known as Nadi Shodana that translates into, Nerve Cleansing. This dynamic sequence of asanas is fun and exciting but does require one to have a familiarity with the First Series before attempting it. David will lead the class through a portion of First Series acting as a springboard into as much of the Second Series as seems appropriate. There will be a variety of options given for each posture in order to allow multiple approaches.

Sunday February 17th 2- 4pm

EIGHT LIMBS AND DAILY LIFE: How does this practice apply within the context of daily living?

Underlying the mysterious and complex philosophy of Patanjali's Yoga Sutras there is a truly profound simplicity that may be applied within the context of our daily lives. This class will discuss the Eight Limbs of Ashtanga Yoga and explore their applications within our day to day life. What is the use of Philosophy without real application? We may memorize quotations or stanzas from great writings but unless we can apply them within our life they are merely words spoken rather than knowledge realized.