



SPECIAL EVENT
DAYLENE
CHRISTENSEN

Jumping, Lifting, Floating, Flying
THE SYNTHESIS OF ASHTANGA VINYASA YOGA

Sun, Mar 28, 2010
10am-1pm
\$30 (\$35 after Mar 19)
Moksha Riverwest
700 N Carpenter

This workshop will focus mainly on the “gray areas” of the Ashtanga Vinyasa practice. For many practitioners who feel that Ashtanga yoga is too hard, too confusing, too complicated and have felt defeated by the practice before they have ever begun. We will use this time to dissect some of the vinyasas, transitions, and postures of primary series that are seemingly impossible to “get” to achieve or even to remember. You will walk away with a new understanding and confidence that qll of these things are possible with a little patience and a lot of practice.

A vinyasa practice STRONGLY based in the Ashtanga Primary series will be included. Come prepared to sweat. A background in vinyasa and familiarity with Ashtanga Vinyasa is recommended but not required as long as you come in ready and willing to try.

Daylene Christensen acknowledges many signs pointing her in the direction of yoga. She would have a different answer, regarding how she got started, depending on the day. But she admits when starting out, she hated yoga. Asana required a different sort of strength, flexibility, and attention, to which she wasn't accustomed, as compared to her past athletic experiences. It was not only challenging, but also frustrating. Yet some unknown force begged her to push on.

Today, Daylene is a dedicated student, and credits the practice itself as her greatest teacher. Yoga has taught a level of compassion and love that has always been inside, but had never before been given the proper nourishment to grow. Asana inherently requires that the practitioner be fully present. She often credits humility as her first lesson in yoga, the second was awareness. Once the first two were in place, the power in the practice came.

You can expect to find a rigorous and often challenging vinyasa in Daylene's classes. She believes in teaching to the student's highest potential; we are often capable of much more than we believe ourselves to be. The reward is in the dialogue the student has with herself. Daylene hopes that it is this dialogue that will become the ultimate teacher of her students.

REGISTRATION FORM

NAME _____
ADDRESS _____
CITY, St, ZIP _____
PHONE _____
EMAIL _____
\$25 DEP. REQUIRED TO REGISTER
PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL
CARD No. _____ EXPIRATION DATE _____
SIGNATURE _____

OFFICE USE ONLY

OMBASE ENTRY BY _____ DATE _____
REG LETTER MAILED BY _____ DATE _____
EMAIL CONFIRMATION _____ DATE _____

