

JEN MULLHOLAND

ALIGNMENT IS A FORETHOUGHT, NEVER AN AFTERTHOUGHT



Fri, Feb 19 2010

6:30-9pm

\$30 (\$35 after Feb 7)

Moksha Logan Square
700 N Carpenter

Jen Mullholand, CYT, has been studying yoga since 1998 and teaching since 2005. She has spent the last four years dedicated to the study of Iyengar Yoga with Gabriel Halpern, director of the Yoga Circle. Much of Jen's study and practice is dedicated to discovering how alignment can change not only the physical body, but can guide us towards connecting to the internal source of peace and wisdom, the heart. To learn more about Jen, please visit www.jenmullholand.com.

These are wise words from my teacher, Gabriel Halpern, that I have taken to heart in my own practice. Come and discover the deeply profound effects that practicing with proper alignment will have not only in your physical practice, but energetically and mentally as well. Too much of the time, we step onto our mats, feeling rushed and frazzled, and much of that energy can continue to carry with us throughout our practice. When we take the time to slow down and set the pose properly, much like building a foundation for a house, we create a strong, steady and sound practice.

In this workshop, we will focus on building our asanas from the ground up. Much time will be spent exploring the primary standing poses, with careful attention paid to the base of each posture and setting the muscular-skeletal structure in its proper place for optimal flow of prana (vital life energy). We will also touch on inversions and seated posture. Props will also play a huge role as we explore how to build poses for our specific needs. Special emphasis will be placed on becoming more aware of the subtle actions in poses, and how incorporating breath into the equation makes for a richer experience on the mat. Come armed with a sense of curiosity and playfulness and a whole lot of patience!

R E G I S T R A T I O N F O R M

NAME

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YOGA CENTER

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