



W O R K S H O P
KINO MACGREGOR
Ashtanga Awareness

Date: **Fri-Sun, Jun 6-8, 2008**

Location: **Moksha Riverwest**
 700 N Carpenter

Kino MacGregor is one of a select few people to receive the certification to teach Ashtanga Yoga by its founder Sri K. Pattabhi Jois in Mysore, India. Perhaps the youngest woman to hold this title, she has completed the challenging Third Series and is now learning the Fourth Series with Guruji and Sharath. She is the founder of Miami Life Center, a new space for Ashtanga yoga, holistic health and consciousness on Miami Beach, where she and Tim teach together (www.miamilifecenter.com). Also traveling internationally, she leads classes, privates, workshops and retreats in traditional Ashtanga yoga and total life transformation.

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

NAME _____

ADDRESS _____

CITY, St, ZIP _____

PHONE _____

EMAIL _____

\$15 DEPOSIT REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC ONLINE

CARD NO. _____ EXPIRATION DATE _____

SIGNATURE _____

O F F I C E U S E O N L Y

OMBASE ENTRY BY _____ DATE _____

REG LETTER MAILED BY _____ DATE _____

EMAIL CONFIRMATION _____ DATE _____

All 5 Classes.....\$140 (\$165 after May 22)

Strength: Yes, You Can!\$40 (\$50 after May 22)
 Fri, Jun 6, 6:30-8:30 pm

If you think you'll never be able to lift up, or if you want to take your lifting up to a new level, this class is for you. This class integrates the elusive "bandha" and core work in a way that is accessible for everyone. By using natural and scientific principles, like gravity, weight distribution, and mind-body connection, you will gain a new understanding of the potential for natural strength in your body. You will leave this workshop with tools you can apply to reach a new level of strength, presence and awareness. All levels.

Guided Primary Series.....\$40 (\$50 after May 22)
 Sat, Jun 7, 10 am-12 pm

Unlocking Your Spine.....\$40 (\$50 after May 22)
 Sat, Jun 7, 2-4 pm

In this workshop you will learn what it takes to open your back in a safe way. Explore what it really means to bend your body on all levels, physically, emotionally and mentally. By integrating sound anatomical principles, body awareness techniques and movement mechanics, you will leave with an elevated understanding of what the journey inside your joints really is. You will begin to expand your natural potential to go deeply into some very challenging stretches in a relaxed, healthy and fun way over time.

Mysore\$40 (\$50 after May 22)
 Sun, Jun 8, 10 am-12 pm

Seminar: Yoga Talks.....\$5* (\$10 after May 22)
 Sun, Jun 8, 1:30-2:30 pm

In this seminar, explore a contemporary approach to Yoga Philosophy. Experience how this ancient tradition holds many life lessons in the postures and technique. For example, openness in the body relates to acceptance as a state of mind. See how life on the mat and life off the mat are often one and the same. Ask questions & discuss the inner journey openly.

* Free to workshop participants, moksha trainees & moksha teachers

