



SPECIAL EVENT  
MICHAEL  
MCEVOY

*Deepen Your Backbends &  
Hold Your Inversions*

Backbends of all kinds have a special significance in the yoga practice. On a physical level backbends keep the spine healthy and vibrant. On an energetic level they prepare us for the deeper yogic practices such as pranayama, by working to bring prana into the central channel. Inversions also have a special significance, especially when done after backbends and held for longer periods of time.

In this special 3-hour practice, we will explore a variety of backbends and inverted postures from beginner through advanced level. We will explore a variety of tricks and key alignment principles that will allow you to go further, without going too far. We will end the practice with seated breath awareness and meditation. The result of this practice should leave you feeling mentally clear, energized and in a deeper state of contemplation.

**Sun, July 12, 2009**

**10am-1pm**

**\$30** (\$35 after July 5)

**Moksha Riverwest**

700 N Carpenter

REGISTRATION FORM

NAME

ADDRESS

CITY, ST, ZIP

PHONE

EMAIL

**\$15 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

**Michael McEvoy** has been a diligent student of yoga and nutrition for 9 years. During this time he has explored the ancient science of Asana, Pranayama and Dhyana, as well as some of the Indian philosophical systems including Buddhism and Vedanta.

The yoga that Michael teaches encompasses many of the styles and traditions that he has been exposed to. This includes both Hatha Yoga as well as other systems such as Raja Yoga, Gnana Yoga, Tantra and Advaita Vedanta. In 2008, Michael completed a 2-year apprentice with Chicago Iyengar teacher Gabriel Halpern at the prestigious Yoga Circle. There he was deeply moved by the timeless teachings of: gratitude, compassion, patience and acceptance.

Michael recognizes that while yoga is not asana (yoga postures), yoga asanas can explore the subtle truth of what yoga is, which can be seen as an introspective search for the truth of oneself and the eventual dissolution of all concepts and ideas pertaining to that search.

Michael is the founder of Radiant Health Now, an organization based on the principles of customized nutrition, yoga and detoxification. He currently lives in Santa Cruz, California. Please visit his website: [www.radianthealthnow.net](http://www.radianthealthnow.net).



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