



W O R K S H O P S E A N E C O R N

From Movement to Manifestation: The Art of Vinyasa Flow

Date: **Aug 29-Aug 30, 2009**

Location: **Moksha Riverwest**
700 N Carpenter

Seane Corn is an inspired communicator. Seane's classes are an eclectic fusion of various healing and Spiritual modalities making them intuitive, insightful and educational. Featured in commercials, magazines and named the "National Yoga Ambassador" for YouthAIDS, Seane utilizes her national platform to bring awareness to the HIV/AIDS crisis, along with the Cambodian Children's Fund. She trains leaders of activism through her co-founded organization Off the Mat, Into the World®, started in 2007 with Hala Khouri and Suzanne Sterling. She received the 2005 "Conscious Humanitarian" award for her outreach efforts. Her award winning DVD's "Vinyasa Flow Yoga" are available through Gaiam International; and her "Yoga From the Heart" DVD can be found through the Yoga Journal Live Series.

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

NAME _____

ADDRESS _____

CITY, St, ZIP _____

PHONE _____

EMAIL _____

\$50 DEPOSIT REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL

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 _____

This workshop examines the whole picture of one of the most beloved yoga practices in the world today, Vinyasa Flow yoga, which is movement linked with breath. Seane will take you through four vigorous and challenging vinyasa classes, meant to strengthen, tone and stimulate the various systems of our bodies. This workshop not only dissects the practice, examining alignment, adjustments, breathing and core awareness, but it also delves beyond the body, into the spiritual and mystical symbolism of the evolution of the soul, and how it translates into our life path.

All 4 Classes\$220 (\$260 after Aug 14)

Vinyasa Flow Basics\$60 (\$70 after Aug 14)
Sat, Aug 29, 10am-12pm

Learn the foundation of a solid practice through alignment, core awareness and breathing techniques. Understand the basic principles of sun salutes A and B and how this is the cornerstone of every vinyasa practice. Practice, breath work and meditation

***Chakra Vinyasa Flow**\$60 (\$70 after Aug 14)
Sat, Aug 29, 2:30-5pm

In this informative and creative vinyasa class we will journey through the chakras and explore their physiological and psychological aspects offering a glimpse into the possibilities of personal transformation through wisdom, self-responsibility and forgiveness. Practice, breath work, meditation and discussion

Detox Vinyasa Flow.....\$60 (\$70 after Aug 14)
Sun, Aug 30, 9:30am-11:30pm

This class focuses on cleansing the vital organs through a special vinyasa sequence that utilizes three internal components- compression, decompression and twists-to stimulate the purification process within the body. Practice, breath work and meditation

***Mystics on the Mat Vinyasa Flow**\$60 (\$70 after Aug 14)
Sun, Aug 30, 1-3:30pm

Through prayer, movement and breath we will use our bodies to communicate with Spirit transforming our practice into a sacred ritual aligning us with all that is Divine. Practice, meditation, discussion and reflection on co-creating with the Universe

* these classes are light on asana and include discussion

