



T E A C H E R T R A I N I N G

TIAS LITTLE

Yoga Anatomy Training

Part I: From Roots to Wings

Date: Tue-Fri, Nov 11-14, 2008

Time: 9:30 am - 5 pm

Price: \$600 (\$650 after Oct 14)

Location: Moksha Riverwest
700 N Carpenter

Tias Little has been a student of Iyengar Yoga since 1985. He spent 6 months in Mysore in 1990 studying Ashtanga Vinyasa Yoga and again in 1996. He is a student of Tsoknyi Rinpoche's in the Dzogchen practice of Vajrayana Buddhism. He is steeped in the Soto School of Zen Buddhism and is an avid student of Dogen.

Tias is trained in massage, cranial-sacral therapy and has studied extensively with Tom Myers in Anatomy Trains. In 1998 he earned a Master's degree in Eastern Philosophy from St. John's College. Since 2006 Tias has been studying trauma and recovery through Somatic Experiencing.

www.prajnayoga.net

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 course in Prajna Yoga (the Yoga of Insight) is an in-depth study of the root teachings of the yoga practice. We investigate the foundational teachings of the Buddha on impermanence and compassion (metta) along with the principle yoga teachings on death and samadhi from the Upanisad and Yoga Sutras.

Anatomically we begin with the root of the body, the feet and begin with the premise "the feet are the foundation to the temple of the body". We identify the feet as the first chakra, and detail the myofascial connection between the feet, ankles, knees, hip rotatores, pelvic floor and lumbar spine.

The emphasis for the week is standing poses and how to align and articulate the legs. We study the the interior and exterior leg and note develop the crucial link between the inner leg and the ilio-psoas along the front spine. We use a full size skeleton, anatomical drawings and images from Eastern art to enrich the study.

Each day of anatomy will include an asana practice from 9:30-11 am and a 1-1/2 hour lunch break from 12:30-2 pm

Training includes the Prajna Yoga Training Manual, which will be provided during the first class. Please bring mat, block, blanket and 8 ft. strap.

Counts as 24 hours toward: Yoga Alliance Anatomy Requirement; Prajna Yoga Teacher Training; Moksha Yoga Center Teacher Training; Prairie Yoga Teacher Training. Please ask for more information.

Please indicate your choice below:

- Early Registraion (before Oct 14) \$600
- Regular Registraion (after Oct 14) \$650
- Moksha Trainees (before Oct 14 only)..... \$500

