



W O R K S H O P

TIAS & SURYA LITTLE

*Yoga Anatomy ~ Level 2
Yoking the Shoulder Girdle*

Date: **Wed-Fri, Apr 11-13, 2007**

Time: **9:30-5:00 pm**

Price: **\$420** (\$480 after Mar. 14)

Location: **Moksha Riverwest**
700 N Carpenter

Tias Little brings to his teaching a wonderful play of metaphor and imagination. He is trained in Iyengar and Ashtanga vinyasa yoga and his perspective clearly reflects the Buddha's teachings. Tias' teaching specializes in yoga and anatomy, blending both Western and Eastern perspectives. He is a licensed massage therapist and has studied extensively in cranial-sacral therapy and bodywork. Tias earned a Masters degree in Eastern Philosophy from St. John's College. He currently co-directs Yogasource in Santa Fe New Mexico with his wife Surya and leads yoga intensives both nationally and internationally.

REGISTRATION FORM

NAME

ADDRESS

CITY, ST, ZIP

PHONE

EMAIL

\$100 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

This 2nd level of anatomy training focuses on the upper body. Our study reaches into opening the hands, arms and shoulders in order to free up the heart and lungs inside the chest. We review the common ways that the shoulders displace forward resulting in pain in the neck region, tension between the shoulder blades and numbness in the arm and hand. We look at the physical and energetic components of the shoulder girdle, including a review of the primary muscles that hold the shoulders in place and the subtle channels in the heart and throat chakras. During the training, we practice asana and pranayama to bring greater strength, elasticity, courage and genuine openness to the upper chest and shoulders.

Recommended for the course is "The Color Atlas of Human Anatomy" by Frank Netter. Includes anatomy training manual. Please bring mat, block, blanket and 8 ft. strap. Counts as 18 hours toward Yoga Alliance anatomy requirement.

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

moksha
YOGA CENTER

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