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 www.yogafocusannarbor.com

SPECIAL TOPIC WORKSHOPS AT YOGA FOCUS FEBRUARY 2-4, 2018

Please join us for workshops focusing on specific topics of interest. See below for topics, times and teachers. All workshops are Open Level, appropriate for all levels but no new beginners. Workshops must have a minimum of 10 students enrolled before the date of the workshop. Walk ins are welcome if the minimum is reached and there is space. All props provided. Please email or call Karen with any questions. www.yogafocusannarbor.com (734) 668-7730

ARMS AND LEGS-ORGANS OF ACTION:

FRIDAY, FEB 2 1:30-3:30PM MARLENE MCGRATH FEE: \$30

Our arms and legs propel our habitual and repetitive movements. Over time, strain and fatigue show up in the joints of hands, wrists, feet and knees. Correct action of arms and legs in asana gives structure soundness as well as joint relief. The sequence will reveal how the organs of action inform the organs of perception. No new beginners please.

SEQUENCE FOR HEADACHES:

FRIDAY, FEB 2 6:00-8:00PM KAREN UFER FEE: \$30

Headaches can be caused by both muscular and nervous system tension. Muscular driven headaches can often be addressed with postural changes in asana practice but we can not eliminate tension from our lives. We can however learn a different response through poses that calm the nervous system and regulate over production of adrenaline. Please wear layered clothing. No new beginners please.

EIGHT LIMBS OF YOGA IN ACTION:

SATURDAY, FEB 3 1:30-3:30PM ALICIA ROWE FEE: \$30

Drawing on the Yoga Sutras of Patanjali and the rich imagery of the Bhagavad Gita, this workshop weaves yoga philosophy into a sequence of poses to cultivate a deeper exploration of yoga as self study. This workshop is for students with at least a year of recent Iyengar study.

HEALTHY BACKS:

SUNDAY, FEB 4 9:30-11:30AM DAVID UFER FEE: \$30

As an instrument of our will, our backs suffer from over use, improper bearing of weight, and stiffness resulting in painful inflammation. This workshop will have short sequences for upper back and shoulders, mid back and shoulder blades and lower back and sacrum. All levels welcome, no new beginners please.

HARNESS POSE IN ASANA PRACTICE:

SUNDAY, FEB 4 1:30-3:30PM KAREN UFER FEE: \$30

There are many ways to use a yoga belt as a harness in a wide variety of yoga poses. Forward head, rounded upper back and collapsed chest are not only weak structural habits but can also result in poor circulation, upper respiratory, and heart issues. The sequence will address both structure and the underlying health. Students must be familiar with sarvangasana. No new beginners.

Send to or drop-off: Yoga Focus - 1527 Eastover Place, Suite 5, Ann Arbor, MI 48104

Name:

Address:

Email:

Phone:

Class:

Fee enclosed: (Please make checks payable to teacher or Yoga Focus if more than 1 teacher)