

# A Yoga Workshop:

With Marion (Mugs) McConnell, E-RYT500, SYVCA, SOYA, IYTA, YABC

## Asana, Pranayama & Meditation

including Mantras with Sun Salutations, Chanting, and the Five Tibetan Rites



At West Creston Community Hall,  
Creston, BC

9am to 5pm, May 10<sup>th</sup>, 2008

*This workshop is eligible for SOYA Teacher Training credits, and Yoga Alliance CEU's.*

**Asana** strengthens the major muscle groups, increase circulation, massage internal organs, and give us a feeling of wellbeing. **The Five Tibetan Rites for Rejuvenation** are simple exercises founded centuries ago in Tibetan Monasteries, and are said to bring health to the body by stimulating the flow of energy through the chakras, enlivening the corresponding nerves, organs, and glands, and reverse the aging process! The **Sun Salutation**, practiced with **Mantras** has a very powerful effect on the body and the mind, keeping the body limber and comfortable while we practice Pranayama and Meditation.

**Pranayama** is the vital link between the body and the mind. If we wish to calm the mind, we must regulate the breath. We will explore methods of regulating the breath safely in a variety of different techniques, along with what cautions to observe. We will explore the bandhas or locks, and the various types of breath retentions, such as antara, bahya, sahita and kevela kumbhakas.

**Meditation** is that which takes us deep within to our inner selves. There are so many different methods, making it possible for everyone to find a technique that works for them. We will learn how to create a sacred altar, use malas, mantras, the breath, movement, and hasta (hand) mudras. We will chant many sacred mantras, eventually choosing our own mantra for personal use.

*Marion (Mugs) McConnell studied under the late Swami Vishnudevananda in 1978, and later she became a live-in disciple of the late Dr. Hari Dickman, a devotee of Swami Sivananda and Paramahansa Yogananda. Mugs is a Teacher Trainer for the South Okanagan Yoga Assoc. Teacher Training Program. She is an E-RYT500 Registered Teacher with Yoga Alliance and the Canadian Representative for the International Yoga Teachers' Association. She has presented workshops in Canada, United States, Puerto Rico, Spain, Mexico and Australia during her 30 years of teaching yoga.*

**Mugs will have various Yoga Products from India for sale: view at [www.yogaessentials.com](http://www.yogaessentials.com)**

**Cost: \$75.00**

**Location: West Creston Community Hall, Creston, BC**

**To Register contact :** Gail Thompson at 250-866-5474 or Box 73 Wynndel BC V0B 2N0 or email [mqthomps@telus.net](mailto:mqthomps@telus.net)