

# A Yoga Workshop

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



## Vinyasas, Pranayama & Meditation

including Mantras & Chanting

**Location: KPAC  
Dawson Creek, BC  
May 30 and 31, 2008**

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

### Friday 6:30-9pm: Satsang...Meditation & Chanting

**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.

### Saturday 9am – 5pm: Asana and Pranayama

**Asana** strengthens the major muscle groups, increase circulation, massage internal organs, and give us a feeling of wellbeing. Creatively flowing asanas together in a *vinyasa* adds gracefulness and control. Our vinyasas will include the **Palm Tree Vinyasa, Hip Opener Vinyasa, Balance Vinyasa, Sun Salutation** practiced with **Mantras** and the **Forgiveness Salutation** as a humble prayer. Combining Mantra with Asana has a very powerful effect on the body and the mind, keeping the body limber and comfortable while raising the thought vibrations.

**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 kevala kumbhakas.

*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: \$115. for Friday and Saturday**

**Location: 1100 95<sup>th</sup> Ave, Dawson Creek, BC**

**To Register contact : Tabitha Logan, 250-784-8167 or email [tlogan@telus.net](mailto:tlogan@telus.net)**