

A Yoga Workshop

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



Vinyasas and Mantra Exploring Flowing Yoga

At Chinook Yoga Studio,
Prince George, BC
Saturday June 7th 9am to 5pm

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. Creatively flowing asanas together in a *vinyasa* adds gracefulness and control. Ensuring all parts of the body will be incorporated, we will do vinyasas for forward bends, back bends, side bends, twists, inversions and balance poses. Our vinyasas will include the **Palm Tree Vinyasa, Hip Opener Vinyasa, Balance Vinyasa, Prithivi (Earth) Salutation, Moon Salutation, 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.

Mantras are words of power, and take us deep beyond normal thinking and into our higher mind. **Mantras and pranayama** will guide the mind to a peaceful place for meditation. There are many different mantras for various purposes, making it possible for everyone to find a technique that works for them. We will use the breath, mala beads and various mantras for specific purposes, exploring their relaxing effects.

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, 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 as a teacher of yoga.

Mugs will have new Yoga Products from India for sale: view at www.yogaessentials.com

Cost: \$80 plus gst (\$84).

Location: Chinook Yoga Studio, 1717 3rd Avenue, Prince George, BC

To Register contact : Carla Wainwright, 250-564-9642 or email raven@mag-net.com