

# A Yoga Workshop

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



## Vinyasas and Mantra Exploring Flowing Yoga

**Location: Field Station, Botanical  
Gardens, Tofino BC  
1084 Pacific Rim Highway  
Sept 13<sup>th</sup>, 2008 Saturday 9am – 5pm**

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

### What students say:

“...her teaching took me deeper into yoga and my personal practice...she is an inspiration to living a truly yogic life path...she creates a full and rich experience pulling all aspects of yoga together...she is both insightful and inspiring...an amazing resource!...”

**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, 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 vibration of our thoughts.

**Mantras** are words of power, and take us deep beyond normal thinking and into our higher mind. There are many different mantras for various purposes, making it possible for everyone to find a technique that works for them. We will learn how to use mala beads, chant the long form Gayatri Mantra and various other mantras for specific purposes. We will also chant some sacred bhajans or songs 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, 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](http://www.yogaessentials.com)**

**Cost: \$80 plus gst (\$84). Please pre-register with a \$20 deposit**

**Location: Field Station at the Botanical Gardens, Tofino, BC, 1084 Pacific Rim Hwy**

**To Register contact : Natalie Rousseau 250-725-8363 or email [natalie.anahata@gmail.com](mailto:natalie.anahata@gmail.com)**