



A Yoga Workshop with
Marion (Mugs) McConnell, E-RYT500, SYVCA, SOYA, IYTA, YABC
Presented by SOYA

Vinyasas and Mantra

Exploring Flowing Yoga

June 13th and 14th, 2008

At the West Vancouver United Church

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

Friday 6:30 - 9:00 pm: Movement, Meditation & Mantra

We will explore the use of mantras with body movement, mala beads, fingers points, and mudras. Come and enjoy the exploration of mind and body!

Saturday 9:00 am - 5:00 pm: Vinyasa and Mantra

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. 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.

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!..."

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 including GST: \$165 or \$140 before May 1
SOYA members \$140 or \$115 before May 1

Location: 2062 Esquimalt Ave, (at 21st), West Vancouver, BC

To register contact: Peg Neilon 1-604-885-7662 or
email peg.neilon@fatdog.com