

# Neck, Shoulders + Hips Yoga!

*Including Mantra + Meditation*

*Open Yourself to Possibilities!*

*with*

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

**Saturday, September 25<sup>th</sup>, 2010  
9am – 4pm (1hr break for lunch)**

**Alchemy Centre, North Vancouver**



***Our neck, shoulders and hips “carry us”, and potentially carry all the tension we gather day to day! Find out how to open and release these key areas in our body.***

Whatever we do in the physical body has an affect on us emotionally, mentally and in our spiritual journey. How we carry ourselves outwardly is reflected inwardly, and visa versa. So as we open ourselves in these areas commonly known as **tight** areas physically, we create space within ourselves on so many more levels! Explore how we can open to all sorts of possibilities!

***Once we are loosened up and open, let's play!*** We will enjoy some Vinyasa, creatively flowing Asanas together in sequences that are fun and challenging. Combine Hand Mudras with the Asanas and direct the energy or flow of prana. Add a Mantra or Affirmation to the Vinyasa and you create a very powerful effect on the integration the body and the mind! Let's get limber with a healthy flow of energy while raising the vibration of our thoughts!

***Vinyasas are fun and good for you!***

***Mugs has recently spent 10 days studying with Erich Schiffmann and will share many of those learnings in this workshop. This workshop is eligible for SOYA Teacher Training credits & Yoga Alliance CEUs.***

***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 trained in the 1970's under Swami VishnuDevananda and Dr. Hari Dickman, a devotee of Swami Sivananda. She has recently returned from a 10 day Teacher Training retreat with Erich Schiffmann. Mugs is a Teacher Trainer for the South Okanagan Yoga Academy, a Registered Teacher with Yoga Alliance (ERYT500), and the Canadian Representative for the International Yoga Teachers' Association. She has been teaching yoga for 32 years, presenting workshops in Canada, USA, Puerto Rico, Spain, Mexico and Australia.*

**Cost: \$100 including HST before September 10<sup>th</sup>. \$115 including HST after September 10th**

**Location: Alchemy Centre, Unit 3-431 Mountain HWY, North Vancouver**

**To Register contact : Pat Parsons, 604-417-4781, email [patricia@parmiyoga.com](mailto:patricia@parmiyoga.com)**