



YOGA SATTA WEEKEND WORKSHOPS

January to June 2010

with Patricia Ryder

YAMUNA BODY ROLLING Part I Saturday, February 13 t 1 to 5 pm

Routines for stretching the muscles and joints with different sized balls. Focus is on back, legs, feet, pelvis, and hips. (For more information see our website or www.yamunabodyrolling.com.)

YOGA NIDRA PART I TRAINING Sunday, February 28 1 to 5 pm

Experience and learn the fine art and science of deep relaxation of all levels of your being, accessing your deepest mind and level of consciousness, preparing you for full awareness and unification with Spirit.

YAMUNA BODY ROLLING Part II Sunday, March 21 1 to 5 pm

Review the work from Part I. Advanced work for hips and pelvis. Focus is on arms, hands, shoulders, and head.

SUBTLE BODY , YOGA PHYSIOLOGY AND PSYCHOLOGY Sunday, April 11 1 to 5 pm

Stimulate and be aware of the meeting places of body, mind, and Spirit. Experience your energy bodies and levels of consciousness, with crystal bowls, affirmations, and bhuta-shuddhi. Learn about your outer and inner beings, such as 5 koshas, 3 bodies, and 4 states of consciousness from Yoga scriptures and teachings.

PRANAYAMA AND MEDITATION Sunday, April 25 1 to 5 pm

Unify your being by going deeper into the levels of body, prana, and mind.. Experience and observe your breath, free your diaphragm, learn kapalabhati, and bhasrika. Awaken sushumna. Practise bhandhas and kechari mudra. Coordinate the four functions of the mind. Learn yoga meditation as taught in the Yoga Sutras, Mandukya Upanishad and Tantra with breath, visualization, and mantra.

YOGA NIDRA PART II TRAINING Sunday May 9 1 to 4 pm

A follow-up workshop for those who are experienced practitioners and/or teachers of Yoga Nidra. More in-depth experience and understanding of the techniques and state of consciousness of Yoga Nidra.

Patricia Ryder is a Yoga Alliance RY500 teacher.

Credit hours from all workshops are given for SOYA Teacher Trainings and for Yoga Alliance CEU's.

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Workshop Fees are by donation (suggested \$40); proceeds to local charities