

Neck, Shoulders + Hips Yoga!



Opening Yourself to Possibilities!

with

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

May 29, 2010 9:00am to 12:00pm

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! Take the morning and explore how we can become open to all sorts of possibilities!

Vinyasa, Mudra, Mantra!

May 29, 2010 1:00pm to 4:00pm

Now that we are loosened up and open, let's play! Vinyasa is creatively flowing Asanas together in a sequence that is fun and challenging. Combining Hand Mudras to the Asanas directs 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 create a limber body with a healthy flow of energy while raising the vibration of our thoughts!

Mugs has new Vinyasas to share! They are fun and good for you!

This workshop is open to all, & 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: Full Day: \$80 + gst

Half Day: \$45 + gst

Location: Purple Lotus Yoga Studio, #102-186 Nanaimo Ave West, Penticton, BC

To Register contact : Carla 250- 493-0054 or email info@purplelotusyoga.ca