

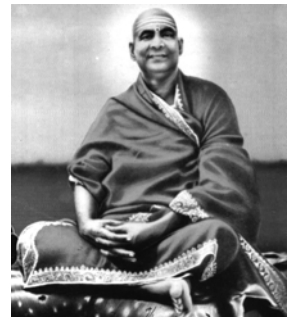
Sivananda Yoga!

A Classical Yoga for Modern Times *with*

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

Integrating the body, mind and spirit through Yoga

Sept 12, 2009 9:00am to 12:00pm



This classical asana routine was designed by Swami Sivananda of Rishikesh, India, and is the source of the Sivananda Yoga practice today. The “Hatha Yoga Pradipika” from the 16th century claims there are 840,000 different yoga asanas (poses), many of which are variations designed to deepen one’s practice according to their ability. Swami Sivananda focused on 12 of these asanas and put them into a specific sequence to balance the bodily systems, stimulate the chakras, and aid in the flow of prana (the life force). Many variations are possible, but the sequence remains the same. The Sun Salutation is also fundamental to this system of yoga.

and Inversions!

Sept 12, 2009 1:00pm to 4:00pm



Building on the foundations of the Sivananda System of Yoga, let’s deepen our practice of Inversion! An Inverted Yoga Pose is any pose where your heart is higher than your head. Full headstands and handstands take strength, balance, and confidence – all of which come from our foundations of Yoga. But there are all kinds of ways to turn ourselves upside down without hurting ourselves. Many more forms of softer Inversions can prepare us for the full form. Let’s explore according to our personal ability!

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 under Swami VishnuDevananda and Dr. Hari Dickman, a devotee of Swami Sivananda and Paramahansa Yogananda. 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 31 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