



Yogashala

David Swenson & Shelley Washington February 5-6, 2011



Ashtanga Yoga Weekend Cost of attending entire workshop weekend is **\$190** if registered and paid by January 1, 2011; **\$200** thereafter

Saturday February 5, 9:00-11:00am - ALL ABOARD THE ASHTANGA TRAIN Yoga Chikitsa: A Fully Conducted Primary Series Class: This class is designed for those already familiar with the First Series of Ashtanga Yoga. It will be conducted like a train ride that will continue flowing along all of the way from the opening sun salutations to the closing sequence. There will be time at the end of the flow to enjoy a deep relaxation. **Cost: \$40.00**

Saturday February 5, 1:00-4:00 pm FLYING FLOATING AND HANDSTANDING: A Fun-filled exploration of Vinyasa and Arm-balances. One of the greatest challenges of the Ashtanga flow is the vinyasa. In this class David will break the vinyasa down into its components. He likes to refer to this as: "The Physics of Flight". The class will also explore the elements of handstands and arm-balances. This will all be done through the avenue of partner work. There is always plenty of laughter and fun as well as a depth of information in this class. All levels may attend even if you have never done a handstand before. Alternatives are always given. **Cost: \$60.00**

Sunday February 6, 9:00am-12:00pm- NADI SHODANA / A Guided Tour: An Introduction to the Intermediate Series of Ashtanga Yoga. Students should have a regular practice of the First Series in order to attend this class. There will be an introductory discussion of the dynamics inherent to the Second Series. David will then lead the class through a portion of First Series acting as a springboard into as much of the Second Series as seems appropriate. There will be a variety of options given for each posture in order to allow multiple approaches. **Cost:\$60.00**

Sunday February 6, 2:00pm-4:00pm- PRANAYAMA AND PHILOSOPHY OF THE 8 LIMBS IN DAILY LIFE: Join David and Shelley as they delve into the more subtle aspects of Ashtanga Yoga. **Cost: \$40.00**

Register online by going to the schedule link on www.yogashalasa.com or call 210.496.9900
Yoga Shala San Antonio 18585 Sigma Road, Suite 105 San Antonio, Texas 78258