

December 4 & 5, 2010



Kino MacGregor

Saturday December 4, 2010

9-11 AM Guided Full Primary Series Cost \$35.00

1-4 PM Workshop: Strength: Yes, You Can!

If you think you'll never be able to lift up, or if you want to take your lifting up to a new level, this class is for you. This class integrates the elusive "bandha" and core work in a way that is accessible for everyone. By using natural and scientific principles, like gravity, weight distribution, and mind-body connection, you will gain a new understanding of the potential for natural strength in your body. You will leave this workshop with tools you can apply to reach a new level of strength, presence and awareness. **Cost \$65.00**

Sunday December 5, 2010

9-11 AM Mysore Cost \$45.00

12-2 PM Workshop: Fearless Backbends!

If you enjoy a challenge but think you are too stiff to ever bend your back then this is the perfect class for you. By understanding how to work your body in a safe way you will learn what it takes to really bend over backwards with no fear. The secrets of deep backbends are available to you through the integration of sound anatomical principles, healthy alignment techniques and intensely fun stretches. The dynamic movement mechanics of bending your spine are the key to limitless flows of energy and in this class you will begin to explore your natural potential to for deep backbends with safety, support and enthusiasm. **Cost \$55.00**

Cost of entire workshop \$185 if purchased by 11/20/2010, \$200 thereafter.

Register online at www.yogashalasa.com or call 496-9900

**Yoga Shala San Antonio
18585 Sigma Rd. Ste 105
San Antonio, Teas 78258**

Kino MacGregor is a director of the Miami Life Center in Miami, Florida. She is one of a select few people to receive the certification to teach Ashtanga Yoga by its founder Sri K. Pattabhi Jois in Mysore, India. Perhaps the youngest woman to hold this title, she has completed the challenging Third Series and is now learning the Fourth Series with Guruji and Sharath. Traveling internationally, she leads classes, privates, workshops and retreats in traditional Ashtanga yoga, holistic health and total life transformation with her partner and love Tim Feldmann. Kino is dedicated to sharing the amazing tradition of Ashtanga yoga with its growing number of practitioners. As a life coach and Ph.D. student in holistic health with a Master's Degree from New York University, Kino integrates her commitment to consciousness and empowerment with her yoga teaching. In her unique, inspirational and playful approach, Kino helps her students expand and deepen their understanding of yoga and life. For more information, please see www.kinoyoga.com

