

Kim Schwartz Yoga Workshop

October 2009:: Kansas City

Foundation & Transcendence

A Workshop on Yogasana

In the classical system of yoga, in addition to leading an ethical life, asana practice can provide a foundation from which one may ultimately achieve enlightenment. This workshop will focus on the organization of the pelvis, hip joints, and pelvic floor and explore how this affects the rest of the spine, organs and the breath. In consonance with and as a result of this foundation we will see how we can unite the energetic and visceral "knots" inside us. As we become established in this foundation and the obstructions are removed, we can then permit the life force to fly up in transcendence and ultimately to liberation.

This workshop will explore asana, breath awareness, bandhas, granthis, and pranayama.

Open to practitioners of all levels, although some experience is advised.



October 9, 10, 11:

Friday, 10/9, 6-8 pm

Saturday, 10/10, 9-12 pm

Saturday, 10/10, 2-4 pm

Sunday, 10/11, 9-12pm

Foundations of the breath and the inner body

Standing Asana

Standing Asana, Twists and Forward Bends

Inversions and Backbends

Cost: \$45 per session; \$160 Entire Workshop or any two sessions \$85

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Kim Schwartz Workshop

Entire Workshop \$160; Individual Sessions (see costs above)

All Sessions { } Friday 6-8:00 { } Sat 9-12:00 { } Sat 2-4:00 { } Sunday 9-12:00 { }

Name: _____

Cash Check Credit (circle one)

Card No: _____

Exp Date: _____

\$145 Early Bird Discount: Sign up by September 15th for all sessions to receive this discounted price