

PATTERNS IN POSES

ASANA WORKSHOP SERIES WITH JENNIFER



Asana, one of the eight limbs of yoga, focuses on the physical aspect of control and release. It is a movement meditation, that prepares the body for further connection of the other limbs. In these sessions we will deconstruct themes of movement throughout the movement system on yoga asana.

The purpose of this nine-part series is to inform students on how to create poses safely, utilize and connect to lines of direction in the movements, relate to where to hold and where to let go, and how to move in and out of postures for a pain free and integrated experience. Recommended for all levels.

1 FRIDAY 21 SEPTEMBER 2-3.30PM FORWARD BENDS

Learn how to approach forward bending postures to lengthen stiff muscles of the back and legs to increase flexibility, safely and with correct alignment in seated, standing and balancing poses.

2 FRIDAY 28 SEPTEMBER 2-3.30PM BACKBENDS

Explore the components of back bends to be able to move more freely in spinal extension with awareness and integrity. We will address back bending in prone, supine, standing and balancing.

3 FRIDAY 12 OCTOBER 2-3.30PM CHATURANGA & INTO ARM BALANCING

Chaturanga is a very challenging asana, requiring integration of the whole body. Focus will be given to strength and alignment of the shoulder girdle and core activation, and related transitions.

4 FRIDAY 19 OCTOBER 2-3.30PM ROTATION POSTURES (TWISTS)

Discover twisting poses through thoracic rotation with awareness to reach our personal boundaries. We will work on lengthening and rotating with anchoring in seated, standing and balance poses.

Investment:

AED 135 per single class

AED 365 for three classes (10% discount)

AED 1,035 for all nine classes (15% discount)

**All prices are inclusive of VAT*

5 FRIDAY 26 OCTOBER 2-3.30PM BALANCING

Balancing postures reflect the steadiness of a practitioner's mind. We will work through lengthening, grounding, and alignment for greater competency in balancing.

6 FRIDAY 2 NOVEMBER 2-3.30PM BREATHING

Pranayama will be deconstructed through an anatomical approach to the movement of the lungs, and how to facilitate the most functional breath possible during inspiration and expiration.

7 FRIDAY 9 NOVEMBER 2-3.30PM INVERSIONS

This session will provide practitioners with a basis to approach inversions safely and more competently. Inversions include core activation, and alignment through several variations.

8 FRIDAY 23 NOVEMBER 2-3.30PM VINYASA TRANSITIONS

In both Ashtanga and Vinyasa yoga, the poses are linked by breathing transitions. We will break down and practice the sequences and timing for standing and seated transitions.

9 FRIDAY 7 DECEMBER 2-3.30PM APPROACH TO CLOSING POSTURES & SAVASANA

Postures will be deconstructed for a deeper understanding and fluency through them, including Savasana which attempts to transcend the practitioner into a higher state of awareness. .

Book your happiness journey today!
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