

Julee Snyder *bodywork*

workshops ~ fall 2008

Restorative Yoga – Opening to the Breath

Dates: **Saturday 9/13/2008**

Time: **2:00 PM - 4:00 PM**

Location: **Blue Lotus**

Cost: **\$25**

This is a gentle, deeply relaxing and restful practice accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. A great antidote to a stressful life and a wonderful balance for more active practices, this practice will focus on the opening of the breath through basic postures, gentle stretches, and resting restorative poses to open the pelvic floor, chest and lungs. We will practice simple breathing techniques to soothe the nervous system and promote complete relaxation. Be still, relax, and let go!

Yoga Foundations – Saturday Mornings

Dates: **Saturdays 10/18/2008 - 11/22/2008**

Time: **10:30 AM - 12:00 PM**

Location: **Blue Lotus**

Cost: **\$99 for the 6-week series**

If you are new to yoga, or have a friend who's been curious about your "yoga addiction" but is afraid to try it, this series is the perfect place to start.

We are thrilled to offer a series of six classes designed for the beginner seeking a strong foundation of the basic asanas (poses) found in Level 1/ Open Vinyasa (flow) classes. The intention of this series is to give the student an understanding of the breath, how it links movement, and correct structural alignment in each pose, including appropriate modifications to suit the individual. This knowledge will empower the student to attend classes with confidence in their own ability to safely modify or ramp up the practice according to their own personal needs.

Questions are invited throughout class as the basis for discussion and for the benefit of all. No need to feel intimidated; all are welcome. Come find the joy of yoga!!

Register today for the six-session series and receive:

- beginner's yoga book
- 20% discount on all full-priced retail items (yoga gear, books, CDs and more!) in the studio during the session
- \$20 off a 10-pass card or one month of unlimited yoga at a discounted price when you purchase and activate the class pass before the end of the six-week session

There are no make-ups for missed classes

You must pre-register for this course.

Exploring the Bandhas – Mula Bandha

Dates: **Saturday 10/25/2008**

Time: **1:00 PM - 3:30 PM**

Location: **Blue Lotus**

Cost: **\$35/ Single Session or \$90/Series of three**

Bandha in yoga means lock or gate. And similar to the locks of the canals in Amsterdam or Venice, we use the bandhas to contain, build, and release the flow of energy in the body. Each session in the series will focus on one of the three major yogic bandhas and its anatomy in western terms. We will explore movement possibilities integrating the bandha into asana and pranayama practice.

Mula bandha is the bandha of the pelvic floor. We will look at the bones of the pelvis, the muscles of the pelvic floor, and begin to find the relationship through the feet, the legs and the organs of reproduction and elimination. Mula bandha helps us wake up the first two chakras, finding both rootedness and lightness in the lower body.

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Restorative Yoga – Opening to the Breath

Dates: **Sunday 10/26/2008**

Time: **1:00 PM - 3:00 PM**

Location: **Moving Mantra**

Cost: **\$25**

This is a gentle, deeply relaxing and restful practice accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. A great antidote to a stressful life and a wonderful balance for more active practices, this practice will focus on the opening of the breath through basic postures, gentle stretches, and resting restorative poses to open the pelvic floor, chest and lungs. We will practice simple breathing techniques to soothe the nervous system and promote complete relaxation. Be still, relax, and let go!

Restorative Yoga

Dates: **Saturday 11/1/2008**

Time: **2:00 PM - 4:00 PM**

Location: **Franklin St Yoga**

Cost: **\$25**

This is a gentle, deeply relaxing and restful practice accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. A great antidote to a stressful life and a wonderful balance for more active practices, this two-hour workshop will take you through basic postures, gentle stretches, resting restorative poses and simple breathing techniques to soothe the nervous system and promote complete relaxation. Be still, relax, and let go!

Restorative Yoga – Balancing the Nervous System

Dates: **Sunday 11/2/2008**

Time: **9:30 AM – 11:30 AM**

Location: **Blue Lotus**

Cost: **\$25**

The demands of daily life can overtax our nervous systems leading to an array of health and emotional issues. This gentle, deeply relaxing and restful practice will give you simple tools to help your nervous system return to health and ease. This class is accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. We will practice simple breathing techniques to soothe the nervous system and promote complete relaxation. Be still, relax, and let go!

Exploring the Bandhas – Udiyana Bandha

Dates: **Saturday 11/22/2008**

Time: **1:00 PM - 3:30 PM**

Location: **Blue Lotus**

Cost: **\$35**

Bandha in yoga means lock or gate. And similar to the locks of the canals in Amsterdam or Venice, we use the bandhas to contain, build, and release the flow of energy in the body. Each session in the series will focus on one of the three major yogic bandhas and its anatomy in western terms. We will explore movement possibilities integrating the bandha into asana and pranayama practice.

Udiyana bandha is the bandha of the breathing diaphragm. We will look at the structure of the diaphragm, how it moves in normal breathing, and how to use it in pranayama to build heat and digestive fire in the body. We will also look at how udiyana bandha can be used with mula bandha to engage and support the abdominal cavity supporting increased over all vitality.

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Exploring the Bandhas – Jalandara Bandha

Dates: **Saturday 12/13/2008**

Time: **1:00 PM - 3:30 PM**

Location: **Blue Lotus**

Cost: **\$35**

Bandha in yoga means lock or gate. And similar to the locks of the canals in Amsterdam or Venice, we use the bandhas to contain, build, and release the flow of energy in the body. Each session in the series will focus on one of the three major yogic bandhas and its anatomy in western terms. We will explore movement possibilities integrating the bandha into asana and pranayama practice.

Jalandara bandha is the bandha of the throat. We will explore the small structures in the throat, mouth, and soft palate using movement, breath and sound. Jalandara bandha begins to harness our expression in the world. Towards the end of this session we will begin using all three bandhas in asana and pranayama practice to draw energy up the body stimulating the subtle glands of the head and opening the upper chakras.

Restorative Yoga – Moving Into Winter

Dates: **Saturday 12/20/2008**

Time: **1:00 PM – 3:00 PM**

Location: **Moving Mantra**

Cost: **\$25**

As our bodies move with the rhythms of the seasons, we find that winter is a time to turn deeply inward. Yet the demands of our lives and the holidays rarely give us the internal time we need.

This is a gentle, deeply relaxing and restful practice accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. This two-hour workshop will take you through basic postures, gentle stretches, resting restorative poses and simple breathing techniques to open a gateways for deep rest and reflection.

Be still, relax, and let go!

Restorative Yoga – Moving Into Winter

Dates: **Sunday 12/21/2008**

Time: **9:30 AM – 11:30 AM**

Location: **Blue Lotus**

Cost: **\$25**

As our bodies move with the rhythms of the seasons, we find that winter is a time to turn deeply inward. Yet the demands of our lives and the holidays rarely give us the internal time we need.

This is a gentle, deeply relaxing and restful practice accessible for everyone, regardless of experience or level of fitness. It is also an excellent practice for those recovering from illness or injury. This two-hour workshop will take you through basic postures, gentle stretches, resting restorative poses and simple breathing techniques to open a gateways for deep rest and reflection.

Be still, relax, and let go!