



## Studio Workshops

2011-2012

6127 Green Bay Rd. Suite 150

Kenosha, WI (262) 859-2151

[www.yogainmind.com](http://www.yogainmind.com)

[Facebook.com/mindfultyoga](https://www.facebook.com/mindfultyoga)

**January 6**

Friday  
6-8pm

### **Balancing Effort and Surrender**

After the holidays it is time to get balance back into our life. Every yoga practice should include equal measures of these 2 elements in our persistent effort to realize our goal of self understanding and a corresponding surrender of our worldly attachments that stand in our way. Yoga Sutra 2.46. You will learn steps to be intensely present to what you do and resolve to be vigilant in everything you do in your daily life when faced with everyday challenges.

Fee: \$30 / Unlimited Pass students \$20

**January 14**

Saturday  
2:30-4:30pm

### **Yoga for Winter Sports**

We wait with childlike anxiety for the first snowfall deep enough to go out and play in winter. While we rely on muscle memory to whisper to our bodies what to do with fresh, deep powder, we can benefit by tuning up before strapping on a board, skis or snowshoes for the first time. Cross training with yoga can lend to flexibility and warmth to your body during a time when cold can hamper your efforts more than help. Cold can intensify tension and rigidity of basic musculature, making it more susceptible to season-stealing strains, breaks and pulls. Even practicing yoga once or twice a week brings benefits to your other activities. Stretching and strengthening muscles you didn't know you possessed helps you avoid injury while promoting increased flexibility and balance. We will review the poses that can assist us most during winter.

\$30 / Unlimited Pass students \$20

**February 12**

Sunday  
1-3pm

### **YOGA: Adapting it for You**

Have you ever taken a yoga class, attempted to do yoga from a DVD or a book and not really felt it was right for your body or did not understand what you were doing? Have you ever wondered if you were doing the pose correctly?

This 2 hour workshop will focus on taking apart poses, working on how the pose should feel in your body and looking at how breathing enables you to understand how to adapt the pose for you and your body. Learn the art of effortless yoga!

Fee: \$30 / Unlimited Pass students \$20

**February 26**

Sunday  
2:30-4:30pm

### **The Natural Curves in Your Spine**

We will examine the curves of our spine and what supports our body in an upright position. Are you a swayer or slumper? Why do I feel good when I leave a yoga class only to revert back to a slump or discomfort as the week progresses. What yoga postures help us to open and release the tightness that collapses our torso? How do you get out of the poor posture and begin to have a healthy spine.

Fee: \$30 / Unlimited Pass students \$20

**March 10**

Saturday  
2:30-4:30 pm

### **Moving Inward: The Yogic Way**

This 2 hour workshop you will teach participants to move inward and surrender through a heart opening yoga practice. Using diaphragmatic breathing students will be guided through a relaxation of either the 31 or 61 points followed by a seated breath awareness exercise and meditation.

Fee: \$30 / Unlimited Pass students \$20

**March 25**

Sunday  
2:30-4:30pm

### **Getting Ready for Spring—The Neti Pot—Breath Work**

Allergies bloom in spring with pollen and flowers. Breathing through the nose filters and conditions the incoming air. Learn the function of the nose to breathe better leading to a clearer state of mind to get through allergy season.

Breathing practices known as pranayama also help us handle allergy season. This workshop looks at these concepts and teaches the use of the neti pot along with breathing practices that in yoga are part of the 6 shat kriyas or cleansing practices. **Have questions bring your neti pot. Neti pots/salt available to purchase**

Fee: \$30 / Unlimited Pass students \$20

**April 15**

Sunday  
2:30-4:30pm

### **Meditation**

We hear how meditation can be good for us but we are uncertain what it truly is or how to meditate. If we have attempted meditation we may get frustrated with the results. We will learn what is required for meditation, the 5 step approach to meditation. and sitting positions to achieve positive results

Fee: \$30 / Unlimited Pass students \$20