

Shakti Yoga and Ayurveda Enrichment Institute of Woodstock Winter courses 2008

**Applied Ayurveda- Digestion as Key to Optimal Health -Sat Jan 12,2008
3- 5:30**

One of the greatest gifts of Ayurveda is how it manages digestion and its related disorders. How well we digest our food, impressions, experiences, and emotions will determine how healthy our physical and mental bodies will be . In this workshop, we will learn about Ayurvedic nutrition and other methods of solving some of the more common ailments that prevent us from feeling good and energized by the foods we consume. You will learn about Ayurvedic cooking and use of culinary herbs and spices. You will also learn a few brief Yoga asana routines to help treat common digestive disorders .

Back Bending for Better Breathing Sat Jan 26, 2008 3-5:30

In the winter season we are more apt to get more upper respiratory congestion . This session is designed to open up the shoulders, chest , rib cage and develop greater spinal articulation required for any type of back bends. You will learn technique for greater joint range of motion and how to stabilize the shoulder girdle in order to gain confidence in the more advanced back bends. We will use specific asanas (poses) and kriyas (purification techniques) to decongest, and remove excess kapha(phlegm). You will also learn about what herbs and spices to use to according to the Ayurvedic tradition . All levels. Please specify if you have specific injuries.

Valentine's Partner Yoga/ Yoga Assists Sat Feb 9, 2008 Sat 3- 5:30

In this unique class, you will be partnered with an experienced Shakti Yoga teacher (or you can bring your own Valentine or yoga buddy) to experience a greater depth of the poses through safe hands- on manipulation . This is a great opportunity for students to develop proper alignment with lots of individual attention. Some find they learn better through tactile experience. We will incorporate yoga body work and massage techniques.

Shoulder Workshop- Sat Mar 1, 2008 3- 5:30

Strong, flexible, healthy shoulders are not only required for many of the yoga poses (asana) but are also needed for more freedom of movement in all life's activities. This workshop is appropriate for yogis, athletes and all those whose shoulders are chronically tight. It is also for those who want to develop greater range of motion, stability and strength in the shoulders as well as stronger arms, chest, and upper back. If you have injuries, you will learn how to manage your injuries as well as learn what movements you need to avoid.

3/15 - 3/22 Retreat	Shakti Yoga in St .Lucia w/ Tropical Escapes www.tropicalescapes.biz
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Shakti Yoga and Ayurveda
Enrichment Institute of Woodstock
Spring Courses 2008

Save the Dates for Future Workshops

Saturdays 3- 5:30 (unless specified)

4/12	Yoga for all! Managing Injuries and Ailments
4/26- 5/2	Detoxification Week (Saturday 4/26 Workshop)
5/24	All About Abdominals
6/7	Restorative Yoga and Pranayama
7/4 -7/6	Omega : Intro to Yoga weekend
7/19	Patanjali's Yoga Sutras/Yoga, Ayurveda and the mind
8/11- 8/15	Family Week at omega www.eomega.org
8/30	Prepare for Fall w/ Seated Twists
9/20	Inversions & Arm Balances
10/11	Seated Forward Bends & Groundwork
11/1	Lower Back and Hip Workshop
12/13	Joy to the World: Mantras and chanting w/ special guests
2009	xx
2/14	Prenatal Workshop
3/7	Kids Yoga Workshop
3/28	Vedanta
4/18	Female Issues
6/6	Male Issues

Classes tuition for one - day workshop (week-long rates differ):

\$35/single* any 5 workshops/\$150** any 10+ workshops \$250**

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** add \$5 when not pre- registered by 48 hrs*

*** prepaid*

Dates are tentative and pre- registration is required