

Mary Paffard

returns to *the yoga project* October 8-10, 2010

WEEKEND WORKSHOP

Living in the Back Body

Friday, Oct. 8, 6:30 - 8:30 pm
Saturday, Oct. 9, 1 - 6:30 pm (with a break)
Sunday, Oct. 10, 7 - 10 am

Early Bird Special: \$165 if paid by Sept. 11
Late Bird: \$185 if paid after Sept. 11
(\$55 non-refundable, no refunds after Sept. 25)

Our busy lives continually propel us forward. The back body becomes a neglected unknown. This workshop seeks to redress that imbalance. We will explore a sense of wholeness in our yoga where breath, movement and mediation intertwine, the better to enable us to glean what practice on the mat can contribute to practice off the mat. Different sessions will explore breath and sound, meditation and restoratives, partner work and props and vigorous asana practice to this holistic end.

Bring props you might want to use.

TEACHER TRAINING

Chataranga Dandasana

Friday, Oct. 8, 11:30 - 4:00 (with a break)

Early Bird Special: \$70 if received by Sept. 11
Late Bird: \$85 if paid after Sept. 11
(\$30 non-refundable, no refunds after Sept. 25)

This pose is the *bête noir* of many students. Skillfully taught and practiced, however, it can build confidence and joy, as well as support the development of inversions and arm balances. In this session we will look at issues that arise in teaching this pose and various ways of addressing them. It will include practice, observation, group work and discussion. Your questions will be welcome.

To register, send a check for full payment to TYP, 1229 SE Nehalem St., Portland, OR 97202

www.theyogaproject.org • 503.235.1155



Mary Paffard, director of teacher training at Yoga Mendocino in Ukiah, California, is widely regarded as one of the finest yoga teachers in this country. Her long dedication to the practice and teaching of yoga combines with an infectious good humor to produce a gentle, yet vigorous, examination of the art of asana. www.maryvoga.com