

yoga mendocino presents

Heart, Belly and Breath

100 hr Summer Intensive for teachers, trainees, & advanced practitioners
with Mary Paffard (MP)

Guest teachers: Abhayagiri Monastery, Baxter Bell MD,
Traci Joy Burleigh (TJB), Maggie Norton and Richard Rosen
July 25 - August 8 2008

This intensive will explore teaching and practice issues through the qualities of compassion, acceptance and balance. The breath and its role in meditation, pranayama and asana will be highlighted throughout our sessions together. This year we will be looking at the belly in all its glory, its connection to the heart & to the breath through exploration of balance and abdominal poses.

Proposed Schedule:

7/25 Fri 9-12pm **Welcome** Asana with MP \$50/60 - Teaching Methodology - 1-3pm with MP & TJB
7/25 Fri 6-9pm **Richard Rosen** - Philosophy - The History of Yoga in the USA - the beginning years \$60/70
7/26 Sat 10-1pm **Richard Rosen** - Advanced Asana 2-4pm **Richard Rosen** - Pranayama \$100/110 all day
7/27 Sun 9:30am-4pm **A Day of Meditation** - with **Ajahn Amaro** and the monks of Abhayagiri - Donation*

7/28-30 Mon-Wed 8am-5pm **Soft and Strong:** How to weave Belly work into the core of the practice and the body. **MP** (24 hours. \$300/325) The first day will focus on abdominal breath and breath supported asana for beginners and all levels. The second and third days will explore progressively mixed level poses which will include the role of the abdomen in arm balances and pincha mayurasana. Each day will include active practice, a live class, discussion and observation, and group work.

7/31 Thurs 8am-5pm **Women's Health and Yoga** 8.5 hours 6 hours with MP; 2.5 hours with TJB focusing on young women. 7/28-31 - 32.5 hours Fee: \$400/450

8/1 Free Day!

8/2 10-1pm **Baxter Bell - Yoga for Men** - Asana Practice based on anatomical issues for men ; 2-5pm **Anatomy of Respiration & Circulation** - Inversions & the effect on breathing and heart rate. \$80/90 all day; \$50/60 am/pm only

8/3 10- 5pm **Maggie Norton - Stress & Relaxation Response** -
Heart related poses, relaxed breath, passive backbends. \$80/90

8/4 8-9.30 **Arm Balance Extravaganza** with TJB;
10-12pm **Ethics and Business** & breakfast! MP/TJB
1.30-3.30pm **Teaching Methodology**

8/4 7.15- 9.30pm Visit to the **Abhayagiri Monastery** for the evening puja and a special discussion time.*

8/5 - 8/8 **Advanced Practice - Open Heart, Strong Belly!** W/ MP. Four days will focus on how the abdomen supports the heart and allows for the deeper backbend and core supported inversions, with special focus on pincha mayurasana and scorpion poses. Each day there will be a focus on each of the brahma viharas in the philosophy section and the exploration of the compassionate breath in pranayama practice. 24 hours \$330/360

8/6 5-8pm **Ayurveda evening - Vata** - the Air element with TJB \$40/50 includes dinner.

Additional teaching methodology sessions on 7/27, 7.30-9am; 8/2, 7.30-9am; 8/3, 7.30-9am

Entire Course Tuition: \$1200 (+ dana for 7/27 day* and 8/4 eve) ; \$1300 if you register after 5/1/08.

Includes 3 catered meals & 4 breakfasts. The Abhayagiri events are dana (donation) based & contributions are entirely up to the individual & not included in course tuition. Course fulfills requirements for further education as outlined by Yoga Alliance & consists of 80 hrs of techniques & teaching methodology, 10 hrs philosophy & 10 hrs anatomy.

To register: send full amount to Yomo 206A Mason St, Ukiah, CA 95482 info at: www.yogamendocino.org

Please note: 10% is considered a non-refundable deposit - no refunds at all after 6/1.