



Portland Yoga Studio

Workshops & Special Events
Fall 2010

portlandyoga.com
207.799.0054

Sunday, September 19

Yamuna Body Rolling®
with Marianna Moll and Melora Gregory

10:30 am- 12:30 pm Feet and Legs \$35
1:15- 3:15 pm Save Your Hips and Basic Spinal Care \$35
3:30- 5:00 pm Yamuna Body Rolling Yoga Standing Poses \$20

Sunday, September 26

Yogathon on the Maine State Pier

A day-long community event to raise money for Preble Street Shelter.
FMI <http://989wclz.com>

Monday, October 11 11:00 am- 1:00 pm \$25

Freedom for the Shoulders and Neck
Yamuna Body Rolling® with Melora Gregory

The neck and shoulders can be caught by holding patterns. Free the wings and find the freedom to fly!

Saturday, October 16 2:00-5:00 pm \$40

Welcome to the Hip Joint with Annie Hoffman

Sitting, standing, walking, moving - the hips are at the center of the action. Learning to move from this ball and socket joint takes the strain out of the back and begins to open the groins to enable the body to sit with comfort on the earth.

Come observe the container of the pelvic bowl as we open, stretch and strengthen the legs. Using with pelvic floor and core muscles we will integrate the deep inner workings with the outer structure.

All levels are welcome to attend.

Saturday, October 30 2:00- 5:00 pm \$40

Position is Everything! with Karen Kozlowski

We will put ourselves into some "usual" and "unusual" positions in order to optimize the full benefit of each pose. All Yoga is therapy. Utilizing the Inner Lifts and Reach and Draw we will explore *Anjane-yasana*, some "unusual" floor twists as well as alternative ways to approach some of the standing pose series and *Jathara Parivartana-sana*.

Saturday, November 6 2:00- 5:00 pm \$40

Developing a Personal Practice with Pamela Ryan

The benefits of yoga practice are vast, from a healthier body to a more focused mind to a friendlier outlook on life. In this class we will explore various ways of committing to or refining our practice. We will experience several sequences designed to focus our scattered attention and to overcome lethargy. We will also explore the ways in which the wisdom of the yoga sutras can inspire and deepen our journey.

Thursdays, November 4,11,18, December 2 & 9

7:30- 8:30 pm \$60

Pranayama Series with Pamela Ryan

Thursday, November 11 9:00- 10:30 am

Free Yoga for Veterans with Melora Gregory

To honor your service, all Veterans are free to join Melora's regularly scheduled Vinyasa class. Experience a yoga class that can help you stretch your muscles, relax your body and your mind, and help you to feel better.

Saturday, November 13 7:00 pm

Bharata Natyam Classical Indian Dance Performance
with Jaan Freeman

\$20 door/ \$16 in advance

Bharata Natyam is the most popular of the classical dance of India. It was born in the innermost sanctum of the Hindu temples as part of the rituals and offering to the deity of the temple. Mr. Freeman will present the highly elegant and sophisticated repertoire of the Balasaraswati lineage; in the traditional format set forth in the early 19th Century in the Royal Court of Tanjavur

Friday & Saturday, November 19 & 20

Hatha Yoga: A Dynamic Art of Movement with Doug Keller

Friday, November 19 1:00- 5:00 pm \$65

For Teachers and Interested Students
Reading the "Story" Behind Therapeutic Problems

Friday, November 19 6:30-8:30 pm \$40

The Psoas: Don't Push the River

This will be an intermediate asana session, with new insights into the psoas- the core muscle at the center of all flowing action in asana and in life.

Saturday, November 20 9:00 am- 12:00 pm \$50

Hatha Yoga: Principles of Freedom and Expansion

This asana session will include an introduction to the principles of centering and movement at the heart of the Swatantrya School of Yoga.

Saturday, November 20 1:30- 4:30 \$50

The Path of 'Union' and the Cave of the Heart: The Inward Journey of Pranayama and Meditation in Philosophy and Practice

In this session, we'll explore and practice pranayama and specific techniques of the Vijnana Bhairava and Spanda Karikas, with explanation of the meaning of yoga as 'union' and empowerment. Class will include hip-openers and forward bends.

PORTLAND



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November 27

Yamuna Body Rolling®

with Marianna Moll and Melora Gregory

10:00 am - 12:00 pm Lower and Middle Back \$35

12:45- 2:45 pm Hands and Upper Back \$35

3:00-4:30 Yamuna Body Rolling Yoga Sitting Poses \$20

Saturday, December 11 1:00- 3:30 pm \$35 adv./ \$40 door
A Better Back for Life with Dr. Mary Taylor

The ways and means to a stronger, more flexible, supple and pain free back forever!

You will see how to incorporate new ways to firm, tone and lengthen the tissues of the body: muscles, ligaments and fascia so your joints will move more freely and efficiently. You will see dramatic differences in the way you move and hold yourself immediately. You'll also learn how to build a short, direct practice to a better back using the poses that bring the most benefits with the least amount of expended energy and time.

As your back and brain accommodate the changes you will view the world with a different perspective and be able to protect yourself in everyday daily activities, movements and even positions at rest.
Suitable for all levels with at least one year of yoga experience.

Sunday, December 26 1:00-4:00 pm \$40

Yoga for Depression with Pamela Ryan

The practice of yoga, with its emphasis on action and awareness, develops concentration, clarity, and a broad perspective, which can grace us with a deep and calm joy. In this workshop we will experience several sequences of poses designed to awaken confidence, soothe anxiety, and dispel lethargy.

Wednesday, December 29 6:00-8:00 pm \$25

Runner's Yoga with Melora Gregory

Learn yoga poses to condition a runner's body and also to relieve chronic issues related to running (plantar fasciitis, Achilles tendinitis, shin splints, tight hamstrings, iliotibial band syndrome, sciatica, piriformis syndrome, and back pain). Find out what to do a few days before the "big race" for optimum performance

Ongoing Events

First Saturdays— Dances of Universal Peace
with Elaine McGillicuddy FMI call 797-2151

First and Third Fridays— Kirtan with Susannah Sanfilippo

Every Wednesday— Group Meditation (no instruction) with Lisa Silverman (will not meet if Portland Schools are closed)

Workshop Location unless noted:

616 Congress Street
3rd Floor
Downtown Portland
(across from the State Theatre)

TO REGISTER:

Send your name, address, phone number,
email address and check to:

P.O. Box 5118
Portland, ME 04101

Please pre-register.

Walk-ins on the day of the workshop are allowed,
space permitting.

PYS reserves the right to cancel any workshop that does not have sufficient registration. If there is a cancellation for any reason, including inclement weather, this will be posted on the website:

www.portlandyoga.com/works.html

Refunds or credits may be granted in the case of emergency, on a case by case basis. Please understand many of our instructors travel to teach at PYS and count on a certain number of students. Of course, if PYS cancels the workshop, you will receive a full refund or credit.

Please do not hesitate to call with any questions, comments or concerns. Thank you very much!