

WARRIOR TRAINING: ADVANCE YOUR ASANA WORKSHOP SERIES WITH BEC GATHMANN

JAN 29-FEB 19 SUNDAYS 1-3PM

SINGLE WORKSHOP DROP-IN: \$35

FULL WORKSHOP: \$120

MEMBER DISCOUNT (monthly/auto renew): \$99

WEEK 1 JANUARY 29

Fold in-Fold Out (forward folds and backbending)

Yoga teaches us how to consciously move inward and outward with intention. Forward folds and backbends are the physical manifestation of this yogic concept. Any backbend, no matter how small, takes a strong spine and an open heart, and any forward fold takes time to align and soften down. In this class we'll learn how to safely and mindfully do both: to lean back, and trust the ground beneath us. We'll work with props, supports, and explore the path leading up to the deeper and more advanced poses.

WEEK 2 FEBRUARY 5

Heaven and Earth (heart and hip opening)

Heart and hip-opening can be hell... or it can be heaven. We'll be working for Option 2; reach up to get ground down. This workshop will focus on deeeeeeeep stretching. Deep pranayama. And a few balances poses to pay pranams to what inspires up to reach further and higher. In this class, we'll get familiar with the inward and outward rotation of the shoulders and hips in order to release in a way you probably didn't think was possible.

WEEK 3 FEBRUARY 12

Fire and Float (arm balances)

In Yoga we learn about balance; and how we find balance on the mat teaches us how to find it in the great wide world. In this workshops, arm balances will be our guide on a journey that takes strength and grace; an evenness between Sthira and Sukha, to find the middle ground between effort and ease. As we explore what it takes to find flight, we'll delve into that subtle line and find our moments of gravity-lessness.

WEEK 4 FEBRUARY 19

In Fear and Faith (inversions)

Ahhh, inversions. The big scary of our physical asana practice! To take the big leap, the big jump into the unknown, we must first make friends with the fear that accompanies the possibility of falling. Once we look that fear right in the eye, inversions allow us to experience the freedom of faith, both in ourselves and our bodies. In this final workshop: there will be upside down! From shoulderstand to handstand, we'll break it down step by step. Physical asana will prepare us in finding our comfort zone, walking up to the edge, and taking the first steps on the thrilling journey that is liftoff, balance, and flight!



FOR MORE INFO & TO RESERVE YOUR SPOT:
call 516-61-YOGA-1
or email REVOLUTIONYOGA@GMAIL.COM
or sign up at WWW.REVOLUTION-YOGA.COM

