

YOGA LOFT

DOUG KELLER returns to YOGA LOFT April 6-7 2018



Yoga practice is not an end in itself, or even simply a means of ‘transcendence.’ It is a tool for being in our bodies and being with ourselves. In a simple way, yoga is about our relationship to our body and mind; this workshop will be about enhancing that relationship in can-do ways. In the bigger sense, Yoga is about our relationship to the Self from whom we came — which grows through our relationship to the self we are coming to be.

This will be an all-levels workshop on deepening these inner relationships, which will be informative to teachers and enlightening, encouraging and inspiring to students!

Friday Afternoon 1:00PM - 4:30PM: Sacral Rhythm and Low Back Health

At the center of all movement lies the sacrum, the keystone of the pelvis, which regulates the curve of the spine as well as the ‘openness’ and flexibility of the hips. Much of yoga has focused on the suggested actions of the tailbone — even in describing ‘Mula Bandha’ — but has given little attention to the natural actions of the sacrum. This leaves the ‘tail’ wagging the ‘dog.’

This session will go deeply into the details of understanding Sacroiliac, Pelvic and Low Back Pain, in terms of sacral stability and the

rhythms of its movement in the sacroiliac joint. This will include an understanding of patterns developed during pregnancy and postpartum — and will include plenty for the guys to contemplate in their own case too! — as well as in postural and movement patterns.

The session will include lecture with very practical and illustrated information about pelvic and low back pain, as well as applications in practice. We’ll be doing asana, but this won’t be a sustained asana ‘workout.’

Friday Evening 6:00PM - 8:30PM Getting ‘Unstuck’ — How to Work With (And Through) Blocks in Your Practice

This asana session will put into practice the ideas on sacral health and stability from the afternoon session, in simple can-do terms that will be easily understood even by those who missed the afternoon session.

In this session we’ll focus on some simple actions to be incorporated into asana practice that will strengthen the muscles supporting the actions of the sacrum, increasing the stability of the sacroiliac joint as well as the health of the low back and flexibility of the hips.

Attention will be given to the causes of sacroiliac and low back pain in a way that will be useful to teachers and enlightening to students. This will include consideration of typical blocks we encounter in practice — ‘stuckness’ from hamstring and hip tightness, as well as shoulder tightness and limitations — and alternative approaches to ‘getting into the pose.’

This will include some respect for the curve of the knees — the well-being of the knees in forward bending as well as backbending and hip openers.

Saturday 9:00AM - 12:00PM

Breath and Asana with a Twist: The Chest is Part of the 'Core' – With Some Help from the Arms

The Most asanas involve an element of a twist, and for good reason: this is part of working the 'Core' in a way that frees the neck and shoulders, and connects to the lower body and sacrum, enhancing freedom in movement.

The breath is part of this, and is key to the connection between upper and lower body via the ribs. Sacral rhythm — as covered on Friday — depends upon this, and neck and shoulder health are intimately tied to our breathing patterns as well.

Asana practice is an opportunity to explore vital 'Core' actions in twisting, as well as to use the arm and neck actions in the poses to deepen our experience of the breath. The 'Ujjayi' breath is at the center of healthy diaphragmatic breathing in the poses, but the actions of the neck and shoulders are crucial to doing it well.

Shoulders, shoulder/arm actions and shoulder 'opening' will be a key part of this!

Saturday 1:15PM - 4:15PM

Pranayama is More than the Breath

20th century yoga has often placed greater emphasis on the physiological processes of the breath — the muscles and movements involved — while early or 'Classical' yoga focused almost exclusively on 'kumbhak' or breath retention as the essence of 'breath control.'

A rich period came in between that focused more on the processes of inhalation and exhalation (while refining ideas of breath retention), but not just from a physiological or even technique-obsessed perspective.

Visualization, location of awareness in the body (sometimes involving marma), mantra awareness as well as awareness of subtle blocks or 'knots' ('granthis') to be 'pierced' that had elements of emotion and of the subconscious — all of these were elements or aspects of pranayama.

Friday and Saturday \$200

Early Bird by March 15th, 2017
(after March 15th fee increase to \$225)

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