



PADUCAH YOGA CENTER

627 BROADWAY • PADUCAH, KY 42001
270-575-0211 • INFO@PADUCAHYOGACENTER.COM



Asha Wolf

YOGA WORKSHOP

SEPT. 28-30, 2007

PRICING

For the Weekend: \$165.00

Early Registration: \$150.00
before September 8th

Per Session: \$45

WORKSHOP DESCRIPTION: ALL LEVELS WELCOME!

Shoulder, Upper Back and Neck Friday Sept 28th 6:00pm-8:30pm

The focus for this first session is on developing flexibility and stability for the shoulder girdle, as well as finding ease, alignment, and support for the thoracic and cervical spine (upper back and neck). The workshop will consist of basic anatomy, as well as specific therapeutic based exercises/yoga postures to ease pain, improve alignment, and increase strength and flexibility in the upper torso.

Yin Release/Yang Awakening Saturday 29th 10:00am – 12:30pm

In the first part of this class we will focus on the yin yoga style to find release in our connective tissues, creating space and integrity in our joints while removing deep blockages to internal energy flows. The second part of the class will take us into an invigorating yang yoga class that will awaken our pelvic floor and enliven our core, guiding us to access our center as an amazing resource for strength and empowerment.

Using Alignment to Open the Hips Saturday 29th 2:30pm – 5:00pm

This session will focus on yoga postures in both sitting and standing that open the hips. Asanas will be systematically presented in order to thoroughly address the variety of muscle groups in this beautifully complex area of the human body. Basic anatomy will be explored in order to appreciate the importance of proper alignment in musculoskeletal health, as well as to see how alignment serves as a vital tool in promoting flexibility.

Yin Release/Yang Awakening Sunday 30th 10:00am – 1:00pm

In this session, we linger in the passive yin yoga class, revisiting some of the same poses and adding some new ones to find even deeper release in our connective tissues. After a break in savasana we begin another invigorating yang yoga class.

BIO: ASHA WOLF, DPT, CMA

Asha holds a Doctorate in Physical Therapy and is a Certified Movement Analyst through the Laban/Bartenieff Institute of Movement Studies. Since receiving her advanced yoga teacher's training certification at the Integral Yoga Institute in New York City in 1992, Asha has been leading yoga classes and workshops regularly, incorporating a variety of yoga styles and techniques. Asha's teaching is grounded through her long time apprenticeship with Dr. Ranjani Cobo, who blends Iyengar and Ashtanga yoga traditions with Zen practices and Native American spirituality. Asha currently holds a private practice in physical rehab using yoga as the primary modality of treatment. Asha brings to her teaching over 20 years of exploration of the body through yoga, dance, movement, anatomy/physiology and a variety of therapeutic body-mind modalities. Asha will be available for a limited number of private consultations. For more information visit her website, www.wolfphysicalrehab.com

REGISTRATION

To register, mail this form with your check made payable to **Paducah Yoga Center** to:

Nicole Brown c/o Paducah Yoga Center
334 N. 8th Street • Paducah, KY 42001

If you have questions, please call Nicole at
270-575-0211 or email her at
info@paducahyogacenter.com

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Name: _____

Full Address: _____

City, State ZIP: _____

Telephone: _____

E-mail: _____

Amount Enclosed: \$ _____