

The Structure of Movement Series

with Deane Juhan & Nicole Becker

~ Body of Breath ~

Sunday, Sept. 18th 1:00 - 5:00 p.m.

The tidal rhythm of breath is one of our deepest connections to the life force. The ancient traditional Hindu story of creation sings that the manifestation of the universe began with a sound; and the generation of that sound is from the breath. The cosmos breathes and we breathe with it, like an infant on the chest of its mother.



One of the primary physiological functions of our yoga practice is to free the expansive movement of our torsos, our shoulders, our pelvis and our limbs to facilitate and strengthen our breathing and our circulation to keep the live-supporting prana moving through us without restriction and to open all our channels of cleansing.

In this workshop we will focus on meditations, postures and movements that can both expand our capacity for breath and minimize the efforts required. We will use slides for the visualization of the structures involved in respiration, hands-on facilitation of more stimulating and effective asanas, and bodywork to illustrate how the releasing of chronic holding patterns can accelerate your practice. The emphasis will be upon your active participation, with anatomy images and our hands to guide you. Come and enjoy inspiration for respiration, renewed vigor, and deeper calm.

Ojas Yoga Center

707 El Cerrito Plaza
2nd floor/Mezzanine
El Cerrito, CA 94530

*(2nd floor access
next to Trader Joe's)*

www.ojasyogacenter.com
510-525-1369



The previous workshop sold out quickly. Space is limited to 25 students. PRE-REGISTRATION REQUIRED

Cost: \$95 - register online on Ojas Yoga Center EVENTS
(10% discount for Ojas monthly members)

Deane Juhan, expert bodyworker and anatomist, and Nicole Becker, Yoga Therapist, combine their expertise to bring you an exciting new format to learn about the biomechanics, energetics, and physiological health of your amazing human body. To learn more about the Structure of Movement Series, upcoming workshops, and the instructors, visit the Ojas Yoga Center website and click on Classes/Events.