

WORKSHOPS/SADHANAS

The Yoga House 2012

Sadhanas

AN OPPORTUNITY TO EXPLORE A QUIET MORNING PRACTICE

Sadhana is a repeated practice in which one makes a commitment to observation and reflection through daily discipline to the foundation of practice of meditation and asana bringing about evolution and self-enrichment.

Winter January 14-20
7:00-8:30 a.m. daily. \$35 for the whole session

Summer June 21-30
6:00-7:30 a.m. daily. \$50 for whole session

Autumn October 19-28
6:30-8:00 a.m. \$50 for the whole session

Workshops

January 20-22

Shifting with the Tides

Making empowering choices during times of change. A workshop facilitated by Elizabeth Adilman and Thomi Glover.

May 25-27

The Write Fit

A workshop dedicated to writing, yoga and well-being. Facilitated by Ray McGinnis.



WORKSHOP FORMAT

Friday night 7:00 pm* – 9:00 pm Registration and Introduction

Saturday 10:00 am – 12:00 pm Workshop
12:00 pm – 1:30 pm Lunch
2:00 pm – 5:00 pm Workshop

Sunday 9:30 am – 12:30 pm Workshop and close

* NOTE Friday night will now start at 7 pm, not like our previous workshops which started at 6pm.

WORKSHOP FEES

\$125 per each workshop. The fee includes lunch for Saturday

Yoga and Singing Series

Your breath inside and out

A unique workshop series bringing together a symphony of Self as we explore, in three parts, the anatomy of movement and breath through asana and song. (See website for further details and registration information.)

March 9-11

WORKSHOP 1

The Pelvis

The pelvic diaphragm

July 27-29

WORKSHOP 2

The Thorax

The thoracic diaphragm

November 16-19

WORKSHOP 3

The Vocal Diaphragm



THE
yogaHOUSE
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