

Hatha Yoga Workshop with Doug Keller, USA

Thursday 24th August to Sunday 27th August 2017 in Surava, GR
mixed level - you can book single days also

The Therapeutic Wisdom of Yoga: Rewriting the Story of Our Health

The main focus in this weekend will be on the health of the neck and shoulders — and the upper body overall, with some attention to the connection to the sacroiliac joints, low back and hips. Along with this, we will do some very practical work in pranayama with the 'Vayus' as a way of deepening our experience with the breath, and will explore the role of the emotions in meditation and everyday life. We live in emotionally challenging times, and a healthy attitude toward — and ways of dealing with — emotion with the support of yoga is a major part of taking care of our own health!

The Neck and Shoulders: Foundations for the Head and its Movement.

The asana practice will focus on the head and neck in asana, and how that affects the health of the shoulders and the movements of the arms.

- the focus will be on actions and alignments that produce greater freedom in the movement of the neck and shoulders, as well as reducing pain problems in the neck, upper back/shoulder blades and shoulder joints.
- The guiding principle will be the yogic idea of Jalandhara Bandha as it applies in asana, and some of the subtle 'bandhas' (such as 'jivabandha') that yoga suggests. This will include preparatory exercises and releases, as well as how to practice poses and effective variations in poses to achieve better alignment, greater strength, and reduction of neck and shoulder pain.
- This day will also introduce basic principles of shoulder alignment in relation to neck actions that will be carried through the following sessions on the shoulders. The afternoon will include introduction of the idea of the 'Vayus,' their effect on our energy and health, and how some basic exercises with the Vayus as preparation for pranayama can deepen our experience of pranayama and meditation, and support the experience of the kundalini. Yoga Nidra will be an important part of this afternoon's practice, with the use of sound and Bija mantras to deepen our experience.

From Wrists to Elbows to Neck and Shoulders: the Deep Rotational 'Sutras' of the Hands and Forearms

The health of the wrists, elbows, shoulders and neck is deeply affected by the rotations we make with our arms, both in yoga and daily life. We are often stuck in one kind of pattern of movement, which can lead to tightness and pain problems.

- In the asana practice we will explore all of the different rotations of the arms in the various poses, as well as healthy actions for the wrists and shoulders.
- Often different variations in these actions is just what we need to get out of the 'rut' of always moving in the same way with the shoulders.

In the afternoons, as we continue our work with pranayama, the Vayus and Yoga Nidra, we will explore the understanding of emotion as 'rasa,' how the quality and experience of emotion is affected by the gunas, and how we can introduce some practices with the emotions that help us more effectively deal with them — and experience them as a gateway into fuller experiences of meditation.

The Sacrum, Hips, Hamstrings and Our Habits of Movement: the Challenges of Balancing Flexibility with Stability for Freedom from Pain in Movement

Problems of 'stiffness' — particularly in the hips and hamstrings — that present a challenge in yoga class as well as giving rise to typical pain problems in the lower back are actually symptoms of our movement habits and patterns.

- We will explore patterns of movement that cause us difficulty or pain in asana, and how to correct them
- Special attention will be given to the role of the 'Core' and how it keeps the low back and sacrum happy, especially in twists
- Overall the asana practice will help us with the hamstrings and hips in all categories of yoga poses — both for inflexible people and hyper-flexible people!

The afternoon will go deeper into the connection between the breath, the Vayus, bandha and mudra and the experience of the Kundalini in meditation. And how to find the guidance of the Kundalini through feeling and emotion in daily life.

Location and Boarding: Schoolhouse Surava, Kanton Grisons. Hotel Post is just opposite the school. Please book your room yourself - ask for Silvia or Marcel Caluori 081 681 13 30

Workshopschedule: Thursday 10.00 to 6 pm, Friday and Saturday 9.00 to 5.30 pm and Sunday 9.00 to 4 pm

Workshopfee: CHF 680.- for all 4 days, CHF 180.- per single day

Teacher: Doug Keller, one of the best known Yogateachers of the USA is certified Hatha Yoga teacher and Master in Philosophy. For 17 years he has been teaching his own form of Swatant-rya Yoga in Switzerland. Teaching language is English with translation to German.

Registration and Information: Star Fire Mountain College Davos, 081 413 25 31, bea@starfire-college.ch, www.starfire-college.ch. www.DoYoga.com