

Zoom - Yoga Workshop with Doug Keller, USA

March 12th to 14th, 6 to 8 pm swiss time

Yoga — A Chance to Practice and Enjoy

This special chance to practice yoga with Doug in a time of separation will be in three sessions. All three sessions will bring new inspiration for yoga teachers and casual students alike, with practical news you can use! The 75 minute asana session will be followed by 45 minutes of instruction in pranayama and meditation, with a relaxation included, making it perfect for an evening session of yoga.

Each evening's instruction on pranayama will build upon the last, each with a slightly different focus.

All teachings will be recorded. Every participant will get a link to download the lessons after the event.



Friday Session, Freeing Your Neck and Shoulders

This asana practice will explore new ideas for freeing up your neck and shoulders in traditional yoga poses. It will be a nice flow of all-levels poses that will also include stretches and releases for your neck and shoulders that you can do when you are not on your yoga mat!

On this first evening the emphasis in pranayama will be on the wave-like relaxing quality of diaphragmatic breathing, especially for restorative practice, and how it, along with Ujjayi breathing, gives a firm foundation for meditation practice.

Saturday Session, Freeing Your Hips and Low Back

This asana practice will explore ideas for finding greater freedom in your hips, while discovering that this will have nice benefits for your lower back as well. It will be a nice flow of all-levels poses that will give you helpful ideas for strategies in asana that work best for your own body. The pranayama practice will focus on the areas of the upper body into which we breathe, and how that awareness leads to experiences of stillness. The idea of the 'Vayus' from yoga will help us to feel and appreciate the subtle qualities of each moment of the breath.

Sunday Session, Finding Your Core

Usually we are taught to think that the 'Core' is simply a matter of abdominal strength; but in this asana practice we'll experience it as a place in which we are centered, and from which movement flows. In this all-levels practice, we'll find that it is a place of strength without hardness. The pranayama practice will focus on achieving balance in the breath, and exploring the place of stillness known as the 'dvadashanta' — and its relation to the energy of meditation known as Kundalini.

Fee: CHF 90.- for the set, CHF 35.- single lessons. **Teaching will be in English. No translation.**

Registration: bea@starfire-college.ch, www.starfire-college.ch