



Judith Hanson Lasater

April 28 – May 2, 2012

Yellow Springs, Ohio

Practicing Yoga as an Act of Compassion Toward the Self

Our practice is the key to yoga becoming "who we are" and not just "something we do". Practicing not only shapes our life, it informs our teaching on the most fundamental levels.

This workshop will focus on the theme of "practice", and we will begin each day with a practice intention and a short talk and discussion. Then the first session every day will focus on the practice of Active poses, on how to sequence them, as well as how to develop a series of poses that gradually take you deeper.

The afternoon sessions will focus on Quiet Practice, including Restorative yoga, pranayama and meditation. This afternoon practice will help us learn how to elicit stillness and contentment within us.

Throughout both practice sessions, Judith will focus on some of her current interests in such topics as: what it means to practice from the Feminine (whether you are male or female), how to "be" and not "do", and the absolute necessity that we learn to practice from a place of vulnerability not power even in the most active poses.

Judith Hanson Lasater, Ph.D. is a Physical Therapist and holds a doctorate in East-West Psychology. She has been teaching yoga since 1971 and trains students and teachers all over the U.S. and internationally. She helped found the Iyengar Yoga Institute of San Francisco as well as the internationally known Yoga Journal magazine. She was given a Senior Teaching Certificate from BKS Iyengar in 1983. Judith is the best-selling author of Relax and Renew: Restful Yoga for Stressful Times; Living Your Yoga: Finding the Spiritual in Everyday Life; 30 Essential Yoga Poses; Yoga Abs; Yoga for Pregnancy; and Yogabody: Anatomy, Kinesiology and Asana. All published by Rodmell Press.

Cost: Teaching fee is \$595. A \$100 non-refundable deposit is required to hold your space. Balance is due March 28. **Weekend Option, April 28-29:** \$295.

Refund Policies: Tuition will be refunded, less the \$100 non-refundable deposit, if a request is received before March 28. No refunds will be made after March 28 unless someone can take your place.

Times: 10 am - 12:30 pm and 2:30 – 4:30 pm...except Wed.: 9:30am – 12:00 pm and 1 - 3pm

Info: Yellow Springs Yoga - Patricia Schneider: 937-767-7727; patricia@brainfingers.com;
www.yellowspringsyoga.com

Name _____ Email _____

Address _____ City _____

State _____ Zip _____ Phone _____

**Please make deposit or full payment check for Judith Hanson Lasater workshop payable to:
Patricia Schneider and mail to 1350 President St., Yellow Springs, OH. 45387**