

yoga mandala & bodhi tree yoga present:

"Delving Deeper into the Practice of Yoga"

weekend workshop with Ron Reid & Marla Meenakshi Joy

September 19-22, 2008

Friday Sept 19 Master Class: 2 - 5pm (bodhi tree yoga centre)

A smaller sized class geared towards teachers and advanced practitioners. Stay tuned for further details!

Friday Sept 19: Developing a Calm and Clear Mind: 6 - 8pm (bodhi tree yoga centre)

Learn how a blend of asana, pranayama and mantra chanting can help develop equanimity and a calm mind.

Saturday Sept 20 Salute to the Sun: 12:30 - 3:30pm (yoga mandala)

The sun salute is foundational for power and grace in standing poses. Understanding these movements deeply allows the practitioner to find stability (sthira) and levetiy (sukha) as noted by Patanjali in the Yoga Sutras.

Core Strength: 3:30 - 5:30pm (yoga mandala)

Discover your bandhas (internal locks) and find added ease and stability throughout your practice.

Sunday Sept 21 Spirit of Vinyasa: 9 - 12pm (yoga mandala)

Cultivate true awareness through vinyasa - the linking of asana in a flowing, intelligent sequence.

Asana as Therapy: 3 - 6 pm (yoga mandala)

Yoga poses when done conciously and with precision have an immense healing power. Discover the therapeutic benefits of our practice.

Pricing:

Entire Weekend Workshop: \$295. Register before Sept 1st : \$275. (Monday Master Class not included)

Monday Master Class: \$65. Register before Sept 1st : \$55.

All registrations and payment will be handled by Yoga Mandala. Call 403-243-8830 or info@yogamandala.ca



For further workshop info, contact Yoga Mandala, or see Jeff at the Bodhi Tree.



Ron Reid

Ron Reid has been practicing Yoga for over 30 years and teaching since 1988. One of the first Canadians to be authorized by Patahbi Jois, he is currently co-owner and Director of the Downward Dog Yoga Centre in Toronto, Canada.

One of Canada's top teachers, Ron approaches teaching in an inspired, informed and non-dogmatic way. He places the needs of the students ahead of the demands of the practice. While using the ashtanga vinyasa system as a foundation, he endeavors to blend tradition with innovation, and to balance precision with grace. Students will find his refined approach to the practice both challenging and rewarding.

Ron is also an accomplished musician and composer and performs with his partner Marla Meenakshi Joy under their group name Swaha. www.downwarddog.com



Marla Meenakshi Joy

Meenakshi (Marla Joy) first traveled to India in 1988 to study with Swami Shyam and holds meditation and Yoga Philosophy certificates from the International Meditation Institute in Kullu, Himachal Pradesh, Himalayas.

She currently teaches Ashtanga, Swaha Yoga, Restorative, Yoga dance, Sanskrit, and Chanting privately and in studios around the world.

A practicing Shiatsu Therapist since 1993, Marla has a healing and informative touch. Marla leads Kirtan in her band SWAHA, and creates inspired musical compositions with her partner/keyboardist, Ron Reid. She has produced three CD's of Sanskrit chanting: Prayers, Salutations, & Vishnu's Dream, and will be releasing the newest CD in September 2008. www.swaha.ca