



Upside Down with Maya Lev

Exploring the Wonders of Inversions Saturday, May 20 : 1:30-5pm



In his book *"Light on Yoga"* BKS Iyengar writes that Sirsasana (headstand) is called "the king of all asanas" while sarvangasana (shoulder stand) is "the Mother of asanas." The importance of these two postures, he says, "cannot be overemphasized," and he devotes more than two pages to elucidate their effects. In this workshop students will explore many inversions, including adho mukha vkrasana (handstand), pincha mayurasana (elbow balance), as well as variations of sirasasana and sarvangasana to increase understanding, ability, and stamina in each of these postures.

Maya Lev, the Director and owner of Yoga Center Santa Cruz, attended the teacher training program at the Iyengar Yoga Institute of San Francisco and began teaching in 1993. She is profoundly grateful to Kofi Busia, her primary teacher for the past 22 years, for inspiration, guidance, and insight into the subtle mechanisms of the asanas and their effect on the body. In her teaching, she combines a rigorous physical practice with a deep reverence for the spiritual transformation yoga offers to each student.

Workshop participants will:

- learn the anatomy and kinesiology of the shoulder joint and related scapular and vertebral functionality
- deepen awareness of individual structure and prop usage/adjustments to promote correct alignment
- experience the connections between hip and core function and their effects on the shoulder joint
- consider a variety of options within the inversions to enhance their benefits

Cost : \$65 per-registration by May 10, \$75 after. Space limited, early registration recommended. Make checks payable to Yoga Center Santa Cruz. Cancellation policy: No refunds. 831-423-6719
Please submit payment and contact info with this form or download one : www.yogacentersantacruz.com

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