



# Mindful Turtle Yoga & Wellness

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## **SRISHTI FLOW**

**Master Class with Mish Volonino, E-RYT**



Srishti is a Sanskrit word that translates to "creation or nature". It also can mean "to omit" or "to let loose". Since our practice is pure and creative, we allow the srishti to flow from deep within. This Rahini inspired flow is a complete yoga practice that focuses on cleansing the Nadis and subtle energies of the body through a systematic sequence of movements, asanas (poses) and pranayama (breathing) bringing a higher state of awareness and clarity of mind.

The class will start at a slow pace working through preliminary root warm ups and certain pranayama techniques to release blockages within the Nadi channels. At the completion of these essential root warm-ups, we will start to progressively build heat within the body through constant, dynamic movements to prepare the body for Surya Namaskar and the many variations that are available through creative expression and expansion (Srishti). Clarity of mind can and will be achieved to aid during the most challenging asanas in static form. Intensity builds slowly and continuously bringing about a heightened state of awareness. The class will organically flow to bring us back down to our mat in preparation for silent seated reflection and absorption.

Throughout the practice we will incorporate several Pranayama techniques, Hasta Mudras and Y.A.S.A. (Yoga and Self-Accupuncture). Savasana will be approximately 20-25 minutes long and refresh your sense of being while being soothed by the beautiful sounds of Live Tibetan Singing Bowls.

Sunday, December 6<sup>th</sup>, 2009 from 1:00 to 4:00pm

\$35 per person

Space Limited. Advanced Registration Required

*Prior experience with Vinyasa/Flow Yoga is recommended.*

*It is suggested you wear several light layers of clothing to adjust accordingly to your internal temperature.*

*Please bring water and a blanket (eye pillows are optional)*

*Please inform the teacher of any limitations or health concerns.*