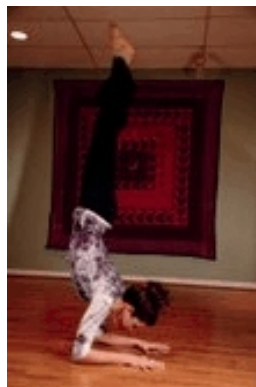




Mindful Turtle Yoga & Wellness

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AN EXPLORATION OF THE SUBTLER ASPECTS OF YOGA ASANA (How Bandhas, Breath, Proper Alignment & Preparation are the Keys to Inversions) **WITH STACY PLASKE**



In this workshop we will thoroughly explore and practice correct Yogic breathing as well as Moola & Uddyana Bandha so students have a sound understanding of the subtle, yet highly important aspects ideally underlying all Asanas. We will also explore and practice postures and pranayama techniques that are necessary to prepare the body and mind for inversions as well as counter postures to rest the body from these naturally demanding postures. Lastly, we will explore proper form and alignment in coming into the Inversions as well as staying in them. Many modifications will be discussed and practiced as well which makes this workshop suitable for beginners and advanced students.

Stacy Plaske, RYT

Stacy is the founder and owner of Balance Yoga & Healing Arts Center in Huntington, NY. She is a 500-hour Registered Yoga Teacher and a graduate of the Long Island Yoga Teacher Training Institute in Northport, Long Island. **Stacy recently returned from her third trip to Mysore, India where she studied Ashtanga Yoga under the tutelage of Sri K. Pattabhi Jois at the Ashtanga Yoga Research Institute and received her Authorization to teach the Primary Series of Ashtanga Yoga.** Her comprehensive and integrative training in Eclectic Hatha Yoga honors all styles of yoga practice, although Stacy's heart belongs to the practice and teaching of the Ashtanga Yoga system. Stacy incorporates aspects of all eight limbs of yoga into her classes, as she guides her students through a powerful, transformative practice. Stacy is truly an inspirational yoga teacher and her love and dedication to yogic life shines through in all aspects of her being.

Sunday, January 24th, 2009 from 1:00 to 4:00 pm

\$50 per person

Advanced Registration Required