

# KATHLEEN WRIGHT

assisted by Marinda Stopforth

## Alignment Action and Adjustment in Asana

*Each weekend will cover different asanas - sign up for one or both!*

**Saturday and Sunday, 1:00 - 4:00 pm**

**October 15-16, 2016**

\$120 by Friday, October 7, 2016; \$140 thereafter

**April 1-2, 2017**

\$120 by Friday, March 24, 2017; \$140 thereafter

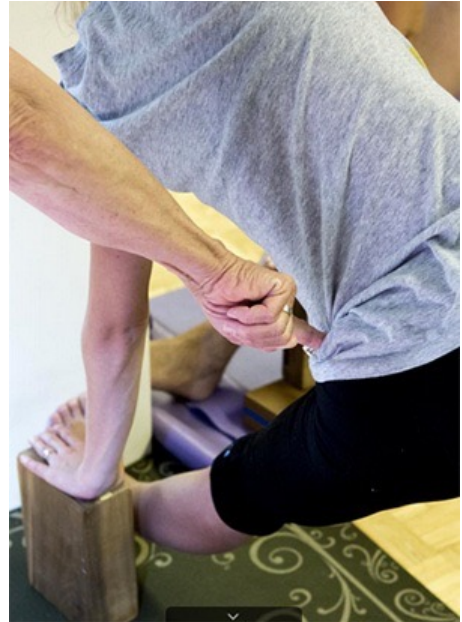
*4.5% transaction fee added for credit card payments.*

**WHEN PERFORMING ASANA,** correct body alignment allows the body to move and develop harmoniously, prevents pain and injury, and creates a set-up with which to recognize and work with all the Koshas (layers) of the body.

This workshop will offer you active participation in a learning experience through observing demonstrations as well as hands-on adjustments in each asana. Teachers will hone their skills and abilities to make adjustments for correct alignment in asana. On Saturday, the focus will be on alignment, preparation and adjustments for standing poses and savasana. Sunday will be a continuation from the previous day's work plus additional work with seated and back bend poses.

### During these 2-day workshops you will learn:

- the purpose and intention of manual teaching
- how to recognize students differences and how to guide them to an aligned asana
- different types of practical hands-on adjustments
- the ethics of touch
- how to link adjustments to basic anatomy
- the amount of freedom available in an asana when the body is in alignment
- how to use language and props to support adjustments
- how to instruct using your hands to guide students toward good alignment
- sensitivity to the layers of the body and how to work with each layer
- how to adjust and support the asana if there is pain, weakness or injury



**KATHLEEN WRIGHT** has been studying yoga since 1974 and teaching since 1976. Her knowledge and experience, coupled with her direct and heart full way of teaching, has brought many students to the love of yoga. Kathleen graduated from the Iyengar Yoga Institute of San Francisco in 1983. She is a nationally certified Iyengar Yoga teacher at the Junior Intermediate level. Kathleen has been serving the greater Chicago area since 1983. She continues to study yoga, Ayurveda and the teachings of the natural world.



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### STUDENT INFORMATION

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### PAYMENT

Prairie Yoga accepts cash, check, or credit cards.

Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

\_\_\_\_\_ **\$120 by Friday, October 7, 2016;** \_\_\_\_\_ \$140 thereafter

\_\_\_\_\_ **\$120 by Friday, March 24, 2017;** \_\_\_\_\_ \$140 thereafter

*If paying by credit card (4.5% transaction fee will be added):*

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_\_ 3-digit security code: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

- For refund requests **at least one week** prior to the start of the event, you may request a refund less 15%.
- For refund requests **less than one week** before the event, you may request a refund less 50%.
- For refund requests **24 hours or less** before the event, no refunds or credits will be given.
- If you **do not show up** for an event, no refunds or credits will be given.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



**PRAIRIE YOGA** / ALIGN YOUR SELF

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