

Clear Spring Yoga presents Doug Keller

Evolution Revolution

Friday Evening — Sacred Freedom: The sacrum and its support system This asana practice will focus on the sacrum and low back — basic (but underappreciated) actions in all classes of asanas which provide for the mobility and stability of this all-important joint system. This is an all-levels asana practice, which will include Vinyasa and all classes of poses (except inversions) and insights into opening the hips. **2 hours 6:00-8:00pm -- \$60 (\$50 early signup)**

Saturday Morning — The Psoas: Don't Push the River This will be an intermediate asana session, with new insights into the psoas — the core muscle at the center of all flowing action in asana and in life. The session will include insights into its function and signs of its dysfunction, and into the actions in asana practice by which we can release, strengthen, and best support the work of this gatekeeper of the 'midline.' We'll cover specifics, including therapeutic assessment and activation techniques, and blend them into an enjoyable and fulfilling asana session. **3 hours 10:00am-1:00pm -- \$75 (\$65 early signup)**

Saturday Afternoon — The Path of 'Union' and the Cave of the Heart: The Inward Journey of Pranayama and Meditation in Philosophy and Practice Yoga means 'union' — but what does that mean in practical, experiential terms? While the philosophies associated with yoga and meditation can seem rather esoteric and abstract, the path of practice among yogis — from its earliest roots in the path of the 'warrior' — has sought to give empowerment through practice by which we can more fully engage and experience life, as well as experience the immanent and all-pervasive Self that all forms of mysticism seek. This will be a led session in which we'll explore and practice pranayama and specific techniques of the Vijnana Bhairava and Spanda Karikas, with explanation of the meaning of yoga as 'union' and empowerment. **2 hours 3:00-5:00pm -- \$60 (\$50 early signup)**

Sunday Morning: Hatha Yoga: Principles of Freedom and Expansion This asana session will include an introduction to the principles of centering and of movement at the heart of the Swatantrya School of Yoga. These will be presented in user-friendly terms that are rooted in the biomechanical realities of the 'sutras' described in Doug's two-volume work 'Yoga As Therapy.' This will provide you with a straightforward, practical approach to your practice (and teaching) of yoga, as well as shedding new light upon the concepts such as the 'bandhas' that have always been fundamental to the practice of hatha yoga. This practice session will include all classes of asanas, with clear and specific guidance in each class of poses. **3 hours 10:00am-1:00pm--\$75 (\$65 early)**

September 3-5

Clear Spring Yoga
17 N Market St
Chattanooga TN

www.ClearSpringYoga.com

Full Weekend: \$195 If registered by **July 31** Yoga Alliance

After July 31: \$230 for full weekend

contact: 423-266-3539 email: inquiry@clearspringyoga.com



Doug is ERYT500 with Yoga Alliance and registered with the International Association of Yoga Therapists

Registration Details
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For more information on Doug and his teaching, visit his web site at www.DoYoga.com



Evolution Revolution

The Ongoing Transformation of the Yoga Tradition: Hatha Yoga

Registration Form for Workshop with Doug Keller

Full Weekend Package \$195 — if registered by July 31; \$230 after July 31

Or select the individual sessions you wish to attend:

- | | |
|--|--|
| <input type="checkbox"/> Friday Evening: Sacred Freedom | 6:00pm - 8:00pm — \$50 early signup; \$60 after July 31 |
| <input type="checkbox"/> Saturday Morning Asana: The Psoas | 10:00am - 1:00pm — \$65 early signup; \$75 after July 31 |
| <input type="checkbox"/> Saturday Afternoon: Philosophy, Pranayama & Meditation | 3:00pm - 5:00pm — \$50 early signup; \$60 after July 31 |
| <input type="checkbox"/> Sunday Morning: Principles of Freedom & Expansion | 10:00am - 1:00pm — \$65 early signup; \$75 after July 31 |

It is ClearSpring Yoga Center's policy not to issue refunds for workshops with out-of-state presenters. No refund for no-shows.

Name: _____
Telephone _____ Alt. phone: _____
Address: _____
City _____ State _____ Zip Code _____ E-mail _____



PO Box 4466
Make checks payable to ClearSpring Yoga and mail to: ClearSpring Yoga Center, 17 N Market St, Chattanooga TN 37405
www.ClearSpringYoga.com contact: 423-266-3539 email: inquiry@clearspringyoga.com