



January 21-22 Workshop with Becca Hewes

Workshops are a chance for students to gain a deeper understanding of the practice. In regular classes there is often not enough time to explain the “why” behind the way we teach, or to focus on specific alignment in each pose. The subtle aspects of yoga asana can be lost on students who just focus on the exercise aspect, and they lose patience with too much explanation. Workshop sessions are an opportunity for those students who do want to dig deeper to come together and learn the details of alignment and awareness. With a deeper understanding of asana from

PRACTICE

attending a workshop, students then get more out of their regular classes.

Meditation & Pranayama ❖

Sat. January 21 2:30pm-4:30pm

Donation based class for Food Bank of Oklahoma

Our practice will be a mixture of sitting and prone pranayama and meditation to bring deep relaxation and stress relief. Pranayama is the yoga term for breath work that often helps students fall deeper into their meditations, or be relaxed and ready to do asana. Learn about pranayama along with some specific breath meditations you may like to add to your home practice. Along with other OKC studios for Yoga Day all proceeds will benefit the Regional Food Bank of Oklahoma.

Inversions & Backbends ❖ **Sun. January 22 9:30am-12:30pm \$20**

Practice step-by-step instructions for progressing as safely as possible toward handstands, forearm stands, and full backbend. Students who want to start learning inversions are encouraged to attend. Each student will receive individual attention to ensure they are ready to try “kicking up”. If they are not ready, the precursory poses will be given along with specific areas on which to focus. Not everyone needs to do inversions or full backbends. This is where yoga asana and gymnastics merge, and students must understand it is not about progressing into the pose, but the journey and the internal experience that counts. Remember, we do this yoga for ourselves and not for anyone else.

Awakening the Core ❖ **Sat. January 21 9:30am-12:30pm \$20**

We often hear the word “core” in exercise classes, but what does this really mean as far as yoga poses? Learn about the yoga bandhas, the “core” of yoga, through different cues and exercises and how to access them in your poses. In hatha yoga asana, one of our goals is to work into the center of the body, engaging and strengthening the deeper inner layers. To do this, we must learn to soften the big, showy surface muscles that make up the outer body and take time to work inward with our awareness. This only happens when students are willing to let go of the idea that yoga is a “work-out” to be mastered. Although we do get some exercise practicing yoga, the real benefits come with letting go and letting be as we become grounded in our core being.