

Ashtanga Yoga Montreal Workshops 2012

Winter

Yoga for Beginners with Julien Gagnon and Sheryl Hoo



Jan. 10 – Feb 28 (Tuesdays) 6:00 - 7:30pm. Sheryl
Jan. 16 – Mar 5 (Mondays) 7:15 - 8:45pm. Julien
Jan. 26 – Mar 15 (Thursdays) 7:15 - 8:45pm. Julien

An 8 week introduction to Ashtanga Yoga. Learn effective techniques to become fitter, stronger, healthier, and calmer.

Intro to Acro Yoga with Jessie Goldberg and Eugene Poku



Jan. 15 – Feb 5 (Sundays) 6 - 7:30pm.

The fundamentals of Acro Yoga are presented here over 4 weeks in a safe and nurturing environment. Come experience the stillness of the moment, in balance with another. The challenging and confidence-building practice of Acro Yoga will connect you to your strength and inner calm in the company of like-minded individuals.

Recharge, Renew and Restore w/Jeanne Mudie



Jan. 28 (Saturday) 2:30 - 6:00pm.

Gift yourself a restorative practice designed to boost your immune system, ease holiday fatigue and restore your energy for the New Year. All levels are welcome. Spaces are limited.

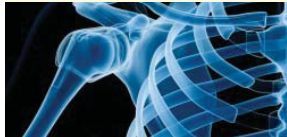
Valentine Partner Yoga with Annik Mendez and Costa Koutrokois



Feb. 12 (Sunday) 2 - 4:00pm.

This special workshop is not only for romantic partners, but also for friends who care deeply about one another. Develop and cultivate trust and support by relying on your partner as we build strength and flexibility while working as a team

Upper Body Expression: Shoulder Openers and Stabilization with Allison Ulan



Feb.18 (Saturday) 2:30 - 5:30pm.

This workshop will focus on finding a sense of balance within the spine to aid in balance in the shoulder girdle. Key elements to be understood will be how to release tension, reduce effort, find neutral alignment, strengthen weaknesses and experience the liberation of the shoulders. We will also take a look at how tightness in the shoulders can affect the rest of the body.

Upper Body Expression: Arm Balances and Handstands with Julien Gagnon



Feb.25 (Saturday) 2:30 - 5:30pm.

Yoga teaches us that the art of arm balances and handstands, comes from balance and alignment rather than force and rigidity. Yes we do need arm strength, but we will explore how the hips, core and breath hold the key to arm balancing... and they respond best to smooth and conscious movement!

Acro Expressions: Creative Flow Yo! with Jessica Goldberg and Eugene Poku



Mar. 3,4 (Saturday and Sunday) 9:00am. - 5:00pm.

What is the creative process? What is my personal physical vocabulary? How can I use this to develop and evolve a unique yet accessible partner and group body balancing style? Come and explore the creative process, the creative flow within, in the company of like-minded individuals through two days of innovation and technical refinement. Develop an eye that sees failures and mistakes as chance happenings with potential.

Spring

Hip Parade: Hip Openers and Stabilization with Jeanne Mudie



Mar. 10, 11 (Saturday - Sunday) 2:30 - 5:30pm.

A workshop that looks at finding a sense of balance within the pelvis, releasing tension, lessening effort, finding neutral, and opening to the experience of the liberation of the hips. This workshop is offered to people with a regular practice but not limited by ability level, all are welcome to come and explore. We will also take a look at how the tightness of the hips can affect the rest of the body.

Yoga for Beginners with Julien Gagnon and Sheryl Hoo



Mar. 19 – May 14 (Mondays) 7:15 - 8:45pm. Julien
Mar. 27 – May 15 (Tuesdays) 6:00 - 7:30pm. Sheryl

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The Big Spring Cleanse with Allison Ulan



Mar. 24,31 (Saturdays) 2:30 - 5:30pm.

Participants will learn their Ayurvedic constitutions and how to alter daily diet & life style to live in harmony with them. Herbal remedies, teas, and food choices will be discussed and tried.

Breathing with Julien Gagnon



Apr. 14 (Saturday) 2:30 - 5:30pm.

At the heart of yoga practice, as at the heart of our life, is breathing. It seems natural to it give a few hours! A practical tool that puts the body and mind in harmony. Discover all the benefits that a full breath can provide.

Joy of Back bending with Eugene Poku



Apr. 21,22 (Saturday - Sunday) 2:00 - 5:00pm.

Back bends can be liberating, rejuvenating, and fun. With the aid of proper alignment actions and mindfulness, we can experience states of clarity, rootedness, and freedom in our back bends.

