

Laurie Blakeney Workshop 2012

Schedule

Friday 8/31	Saturday 9/1	Sunday 9/2	Monday 9/3	Tuesday 9/4
	Basic PRANAYAMA 8:30-9:30am	Basic PRANAYAMA 8:30-9:30am	Basic PRANAYAMA 8:30-9:30am	Intermediate PRANAYAMA 8:30-9:30 am
	Basic ASANA 10am-12 noon	Basic ASANA 10am-12 noon	Basic ASANA 10am-12 noon	Intermediate ASANA 10am-1 pm*
Basic ASANA 6-8 pm	Intermediate ASANA 5:30-8:30 pm*	Intermediate ASANA 5:30-8:30 pm*	Intermediate ASANA 6-8 pm	Basic ASANA 6-8 pm

* Denotes longer 3-hour Intermediate class.

Note earlier start time on Sat. and Sun. evenings.

ASANA – Basic

For beginning students. Emphasis on developing movement, flexibility and stamina via the basic poses. A variety of poses will be taught, including standing poses, seated twists, forward bends and back bends.

ASANA - Intermediate

For those with three or more years experience. Exploration of a range of asanas, including more complex poses and inversions.

PRANAYAMA:

For basic & intermediate students. Pranayama facilitates the flow of energy through the body by regulation of the breath and brings relaxation of the consciousness. It is the gateway to meditation.