

Laughing Dog Yoga Studio Presents

# Hatha Yoga

Evolution Revolution



with Doug Keller

December 3-5

Special Therapeutics Training Friday Afternoon

**Friday Afternoon: Low Back, Sacral and Hip Pain — Assessment and Yoga Solutions** — An in-depth look at low back, sacral and hip pain arising from ligament injuries and muscle strain, as well as sacral misalignment. This will include assessment techniques for locating the problem, as well as for distinguishing these problems from more serious disc issues. This will include issues of working with the pelvic floor, transverse abdominals and gluteals, and their role not just in the hips and low back, but their relationship to knee problems. And of course how to translate that into simple instructions and incorporate into teaching poses and series of poses. **2:00pm—5:00pm — 3 Hours Swatanrya credit hours: \$50**

**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, with a clear and accessible approach to sacral health woven into a full series of poses (except inversions), with insights into opening the hips. **7:00pm-9:00pm — 2 hours — \$40**

**Saturday Afternoon — Graceful Flow: Yoga from your Innermost Center** The central principle to yoga in yoga as it is expressed through tantric philosophies is the 'Middle' or 'Madhya.' This is the single, practical, experiential principle that links asana, pranayama, and natural, spontaneous meditation. In this asana practice, we'll explore the experience of the 'Madhya' through the link of the breath (diaphragm) and psoas in flowing, graceful asana practice. **12:00pm-2:30pm — 2 1/2 hours — \$45**

**Sunday Morning: 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 Swatanrya 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. **9:00am-11:30am — 2 1/2 hours — \$45**

**Sunday Afternoon: The Path of 'Union' and the Cave of the Heart — The Inward Journey:** Yoga means 'union' — but what does that mean in practical, experiential terms? While the philosophies associated with yoga and meditation can seem 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 session will put in context the two traditions of yoga — the warrior and the sage — which appear throughout the history of yoga; and it will also be a led session in which we'll explore and practice pranayama and specific techniques of the Vijnana Bhairava and Spanda Karikas, with explanation their place in yoga as a practice of 'union' and empowerment, as well as of deep meditation. **1:00pm-3:30 — 2 1/2 hours — \$45**

[www.LDYoga.com](http://www.LDYoga.com)

Questions? email:  
[info@LDYoga.com](mailto:info@LDYoga.com) or call:  
781-235-9642

Laughing Dog Yoga

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Price for the full Weekend: \$210 or \$200 early registration (before November 23)

# Evolution Revolution: Yoga Transformed and Transformational A Hatha Yoga Workshop with Doug Keller

## Registration Form for Workshop with Doug Keller

**Full Weekend Package \$210 — if paying in full before November 23 — \$200**

**Weekend without Therapeutics session \$165 — if paying in full before November 23: \$155**

Or select the individual sessions you wish to attend:

**Friday Afternoon Therapeutics Training** 2:00pm - 5:00pm — \$50

**Friday Evening Asana: the Sacrum** 7:00pm - 9:00pm — \$40

**Saturday Asana: Graceful Flow** 12:00pm - 2:30pm — \$45

**Sunday Morning: Principles of Freedom** 9:00am - 11:30am — \$45

**Sunday Afternoon: The Inward Journey** 1:00pm - 3:30pm — \$45



Name: \_\_\_\_\_

Telephone \_\_\_\_\_ Alt. phone: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail \_\_\_\_\_

Form of Payment: Cash  Credit Card  Check (Payable to Laughing Dog Yoga)

Credit Card # (Visa, Mastercard) \_\_\_\_\_ Exp Date \_\_\_\_\_ CVV \_\_\_\_\_

4 Day notice for cancellations — refunds or studio credit will be given. 24 hours notice to receive studio credit. No refund for no-shows.

Mail to: Laughing Dog Yoga, 159 Linden St., 2nd Floor, Wellesley MA 02482  
781-235-9642 email: [info@LDYoga.com](mailto:info@LDYoga.com) [www.LDYoga.com](http://www.LDYoga.com)