

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_

Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

How did you hear about this event?  
\_\_\_\_\_

**Please check the  
classes you will attend**

- Yoga as Therapy and Weekend Workshop  
(Wed.-Sun.) \$450/\$500 (after 2/21/12)
- Yoga as Therapy- (Wed.- Fri.) \$360/\$395
- Weekend Workshop (Sat.& Sun.) \$120/\$145
- Saturday 9:30AM-12:30PM \$50/\$60
- Saturday 2:30-4:30PM \$35/\$45
- Sunday 9:30AM-12:30PM \$50/\$60

Early bird deadline for Yoga as Therapy is 2/21/12  
Early bird deadline for Practical Wisdom is 3/10/12

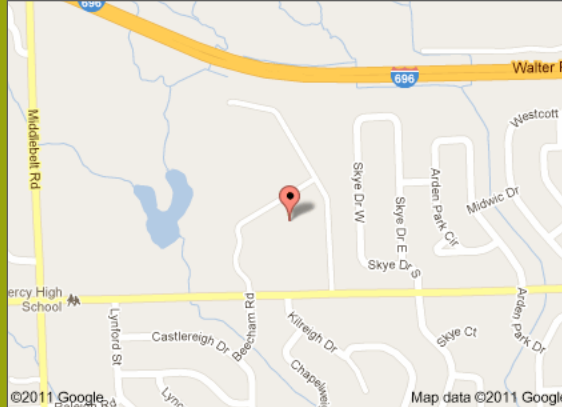
**Please make checks  
payable and mail to:**

**Katherine Schaefer  
23531 E. Newell Circle  
Farmington Hills, MI 48336**

Amount paid \_\_\_\_\_

**Cancellation Policy \$35 processing fee.  
NO REFUNDS for cancellations within 24 hours  
of the beginning of the event.**

**Location:  
Mercy Center  
(NE side of Costick Center Complex)  
28650 Eleven Mile Rd.  
Farmington Hills, MI 48336**



**Between Middlebelt and Inkster Roads**

Enter the Mercy Center using Gate 4. The Center is in the "D" Wing (Enter under the Blue Canopy). The events are in the Carlow room.

The Mercy Center has simple rooms available for \$20 per night (dorm style bath and kitchen).

Several hotels are nearby within 3-5 miles.

**Contact:  
Katherine Schaefer  
248-471-6057  
reiki\_deva@hotmail.com  
gracefultransformations.blogspot.com**

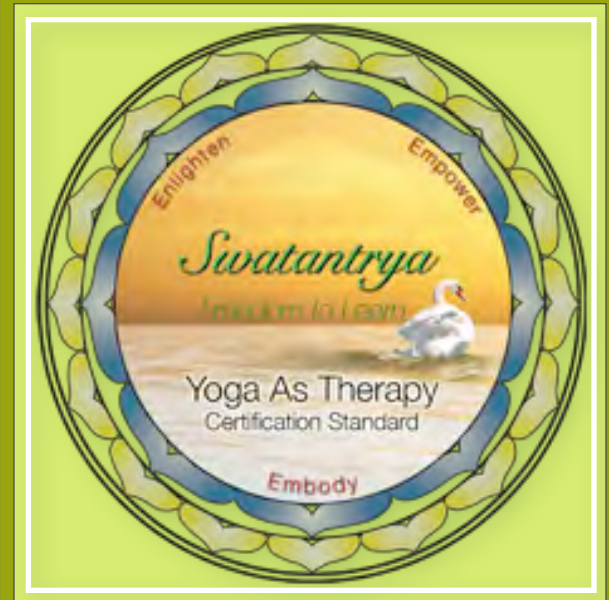


# Doug Keller Yoga as Therapy

## "Fundamentals"

### March 21-23, 2012

Wednesday-Friday 9AM - 5 PM



## "Practical Wisdom"

### March 24-25, 2012

Saturday 9:30-12:30 & 2:30-4:30  
Sunday 9:30-12:30

A weekend of Asana, Pranayama,  
Meditation and Philosophy

Farmington Hills, Michigan

## Yoga as Therapy “Fundamentals”

Wednesday - Friday 9 AM - 5 PM

The ‘Fundamentals’ course will provide a firm foundation in the most vital areas of training for the practice of yoga as therapy and award credit towards Swatantrya certification in Yoga As Therapy in the following areas:

- Assessment tools for evaluating therapeutic problems.
- Anatomy/Kinesiology/Functional Anatomy - study of the major muscles affecting health, as well as the smaller muscles and tendons associated with chronic problems (such as rotator cuffs in the shoulders).
- Asana Alignment and Action - Theory and Practice: alignment oriented training in the major classes of asana, with focus on specific muscle groups benefitted by the major hatha yoga poses and their therapeutic value.
- Common Therapeutic Problem Areas – the common biomechanical therapeutic problems in muscles and joints – feet and ankles, knees, hips, sacrum and SI joints, spine shoulder girdle, wrists and hands.
- Breath Pattern Awareness – the therapeutic use of pranayama to address distortions in breathing patterns associated with therapeutic problems and the related role of guided relaxation and meditation, particularly in treating stress related or emotional factors in therapeutic problems.
- Ayurveda Basics - fundamental principles of the doshas and gunas and their bearing upon therapeutic recommendations for practice of asana, pranayama and meditation.

The training will begin with learning assessment tools and the most essential aspects of anatomy and action in asanas, and will then focus on the major areas of the most common therapeutic problems that can be helped through yoga. Each day will be devoted to one of these areas:

- the sacrum and low back, and the muscles of the ‘core.’
- the lower body — hips, knees and feet
- the upper body — shoulders and neck, including breath pattern awareness

The training will deepen your skills as a yoga teacher and practitioner, and give you the tools and confidence to help yourself and others through yoga. The training will be a ‘hands-on’ experience, which gives you plenty of opportunities to learn and practice these skills.

Cost: \$360 (early bird) \$395 (after 2/21/12)

## “Practical Wisdom”

A weekend of Asana, Pranayama,  
Meditation and Philosophy

Saturday 9:30AM-12:30PM - Asana Practice

All levels-standing and hip openers \$50/\$60 (after 3/10/12)

Saturday 2:30-4:30PM - Philosophy & Meditation

Bhagavad-Gita -- on the question of the ways in which yoga philosophy provides a practical guide for life. This is in the larger context of the times in which philosophy in general, including Aristotle and even the mystics, ‘get real’ about the complexities of living and living well (in the sense of doing a good job at living).

Lecture (no asana) \$35/\$45 (after 3/10/12)

Sunday 9:30AM-12:30PM - Asana Practice

All levels-backbends \$50/\$60 (after 3/10/12)

Cost for Practical Wisdom Workshop only

\$120 (early bird) \$145 (after 3/10/12)

Cost for Yoga as Therapy and  
Practical Wisdom Workshop

\$450 (early bird) \$500 (after 2/21/12)



Doug Keller’s background reflects a lifelong commitment to studying, imbibing and sharing the vast field of knowledge and practice known as yoga. After receiving honors and graduate degrees in philosophy from the top Jesuit universities in the United States, Georgetown and Fordham Universities, and teaching philosophy at a college level for several years, he then pursued his ‘post-graduate’ education in the practical experience of yoga at the Siddha Meditation Ashram, Gurudev Siddha Peeth in India, for seven years, and spent a total of 14 years doing service, practicing, training in and teaching yoga in Siddha Meditation Ashrams worldwide. He received intensive training in the Iyengar system in New York City, practiced Ashtanga Vinyasa Yoga in India, and became one of the first certified Anusara Yoga teachers, producing three highly respected books on asana, pranayama and yoga philosophy.

Most recently, Doug has founded the Swatantrya School of Yoga ([www.swatantrya.com](http://www.swatantrya.com))  
Visit Doug’s website at [www.doyoga.com](http://www.doyoga.com)

