

**The Therapeutic Wisdom of Yoga: Rewriting the Story of Our Health**

# **YogaLife along with Hesed Yoga host Doug Keller March 2-4, 2017 in Norman**

Full workshop \$310, early bird special \$295 before January 15th

In this extended workshop, we'll begin with the neck and shoulders, so that we can devote plenty of time to addressing the health of these all-important joints.

We will explore common therapeutic pain problems related to the neck, shoulders, elbow and wrists, and learn to recognize postural habits and movement impairments that contribute to these problems. We'll cover both simple exercises and releases, as well as ways in which these problems and limitations can be addressed through the arm and head positions practiced in yoga asanas — including through the use of props, variations and preparatory stretches and strengthening exercises.

From there we will expand into a treatment of the health of the whole body, and in particular the low back, sacrum, hips, knees and feet. The central focus will be on movement impairment syndromes, patterns of movement closely connected to pain problems, as well as joint and muscle injury.

This approach to pain problems is especially suited to yoga, and will provide teachers and practitioners with a vital toolbox for recognizing and assessing these patterns, and designing an approach through specifically targeted asana practice and remedial exercises aimed at changing them for the better.

Each session will lay out the basic principles for practice and anatomy of the area of the body involved, and will move into practice of the poses to give an experiential understanding of what is being taught, and its applications.

**Thursday Evening March 2nd, 6:00pm to 8:30pm - Individual session \$60**

## **The Neck and Shoulders: Jalandhara Bandha as a Guiding Principle, and Why Subtle Actions of the Head, Neck and Jaw Matter.**

- The Head and Neck: pain problems and limitations of movement from common misalignments and misuse, and the muscles and bones involved.
- The subtle essence of Jalandhara Bandha and how to work with preparatory exercises and releases, as well as how to practice poses and effective variations in poses to achieve better alignment, greater strength, and reduction of neck and shoulder pain.

- This day will also introduce basic **principles of shoulder alignment** in relation to neck actions that will be carried through the following sessions on the shoulders.

### **Friday Afternoon March 3rd, 1:00pm to 4:00pm - Individual session \$65**

#### **Working with the Big Muscles of the Upper Back, Neck and Shoulders: The 'Sutras' of the Upper Body**

The major muscles of the shoulder girdle are the ones we use — and overuse — most often, giving us neck pain and shoulder pain, including rotator cuff problems as well as upper back pain.

We will explore how to balance the use of these muscles, starting principally in Standing Poses and non-weight bearing poses for the arms (including floor poses such as twists, forward bends and simple backbends) to develop the strength and healthy alignment of the upper back, and overcome pain problems.

### **Friday Evening March 3rd, 6:00pm to 8:30pm - Individual session \$60**

#### **From Wrists to Elbows to Neck and Shoulders: the Deep Rotational 'Sutras' of the Hands and Forearms**

The deeper 'Sutras' include muscles in the hands and forearms we use for rotations of the arms and weight bearing poses such as the downward dog.

We will explore healthy hand actions and stretches that support the strength and well-being of the wrists and elbows, as well as variations on rotations of the arms that promote better shoulder health, particularly in the face of rotator cuff problems.

### **Saturday Morning March 4th, 9:30am to 12:30pm - Individual session \$65**

#### **Hips, Hamstrings and Our Habits of Movement: the Challenges of Forward Bending, Hip Opening and Twists — Achieving Flexibility While Maintaining Stability**

Problems of stiffness, particularly in the hips and hamstrings, that present a challenge in yoga class as well as giving rise to typical pain problems in the lower back are actually symptoms of our movement habits and patterns. This is particularly the case in forward bending (which is what we do more than anything else in our life of movement).

We will explore this flexion pattern of the lumbar spine and how to overcome it — which will strengthen the lower back, help overcome harmful postural habits, and help us make progress in achieving greater flexibility in the hamstrings and hips. Without awareness of these patterns, one can easily spend years doing hamstring stretches and see little progress!

We will also address the patterns of those who are much more flexible — even to the point of hypermobility causing joint pain, such as in the sacroiliac joints! We will address core stability and safe twisting in particular.

And we'll find that the topics we cover in the practice will be of use to both groups of people — for creating a well-rounded, adventurous and yet safe and stable practice!

**Saturday Afternoon March 4th, 2:30pm to 5:00pm \$60**

### **Practical Breathing: Pranayama and the Vayus as the Power Behind the Breath**

Early treatment of the prana in the Upanishads included reference to the vayus or energies of the breath/prana that function in practical ways in maintaining the health of the body, as well as providing a gateway into deeper meditation through focus on the breath.

These ideas were not developed further until centuries later in the hatha yoga texts, which expanded upon the idea and the practice of the vayus in connection with pranayama.

We will find in this session how awareness of the vayus — as well as simple preparatory practices for energizing them in preparation for pranayama and meditation — can deepen our experience of these practices as well as making them more intuitively natural and spontaneous.

The practices introduced will lead us into simple and foundational pranayamas, followed by a deep and satisfying session of Yoga Nidra, based on the principles of the earliest texts teaching Yoga Nidra.

TO REGISTER: go to [www.normanyoga.com](http://www.normanyoga.com) and click on the yoga tab, then pick events and workshops from the dropdown menu. All registrations will be taken online for this event.

**ALL SESSIONS MEET AT YOGALIFE IN NORMAN NEXT TO NATURAL GROCERS**

For questions write Holly Jack at Yogalife at [yogalifeok@gmail.com](mailto:yogalifeok@gmail.com) or leave us a message with the best call back time at 405-701-3392.

Weatherford students may contact Tim Bodenstein with questions at [timbodenstein@yahoo.com](mailto:timbodenstein@yahoo.com).

Please understand that Yogalife with this event is hosting an internationally known yoga instructor and with that comes a commitment to host a successful event. Please no refund requests after February 23rd unless there are extenuating circumstances. Please communicate if you cannot make a session as this event will sell out and we will have a waiting list. No refunds will be given for no shows.

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