



Yoga with John Salisbury

March 19 - March 21, 2010

Friday, March 19; 5:30-8:00PM *Moon - Yin*

The Moon-Yin sequence is offered as a fantastic balancing practice to the common Yang, or hot physical practices, or if you are just feeling more tired than normal. This workshop will use a fairly gentle flowing sequence filled with familiar postures, such as downward dog, triangle, side angle pose, crescent, gently caressing the body, followed by a series of Yin poses, or deep stretches, which will be held anywhere from 1 to 3 minutes. Holding yin postures helps to loosen connective tissue, open joints, and give the sense of overall spaciousness from within.

Saturday, March 20; 8:00-10:30AM *Inspire Your Soul Vinyasa*

Spark your soul's awakening by igniting your inner spiritual fire during this uplifting vinyasa flow class. Vinyasa is the movement of the body and the breath linked together in order to balance the nervous system and bring about mental tranquility. The body-breath movement generates heat, which is then used to burn away impurities that hinder the movement of energy in and through the body. Once the nervous system is calm, the senses become calm and the mind follows. This unbelievably fun class will leave you feeling open and alive!

Saturday, March 20; 2:00-5:00PM *Art of Adjustments and Alignment*

Adjusting a yoga posture is an art form, much like pottery, that takes understanding and skill. If we wish to have a better understanding of our own yoga practice we must begin to recognize how the body works through line and form. In this workshop we will break down the energetic flow of the most popular standing postures, some floor postures, and also backbends. We will look at the breath and how it relates to the flow of energy in the body in order to heal and soothe tension. Then, to further our understanding, we will adjust each other in each posture giving ourselves a more organic and intuitive sense of what is happening. A partner is not necessary as we will team up and change partners in order to experience different bodies in different positions.

Sunday, March 21; 8:00-10:30AM *Ashtanga "Mix"*

Ashtanga Vinyasa Yoga has six series of poses, which are labeled "primary," "secondary," and "advanced." Many people never get a chance to enjoy some of the fabulous poses from the more challenging series because of the Ashtanga method, which is to only allow students to go so far based on their ability. But there are modifications so that everyone can have fun. The advanced backbends in Secondary are heart throbbing, the arm-balances and inversions in the third-series are exhilarating, but not taught or attempted too often because of the strictness of the Ashtanga Yoga system, as taught by Sri. K. Pattabhis Jois. John has devised a simple intelligent flow of postures that incorporates first, second, and advanced postures in order to develop parts of the body that need a little extra help and attention. This class is available to even a newer practitionerso that nobody feels left out of the mix!



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John was raised learning about yoga at home where he was taught the Ashtanga Vinyasa Yoga system by his stepfather, Dave Oliver. Having an athletic background as a wrestler and weight lifter, John knows it takes discipline and determination to realize one's Self and potential. Having traveled to study Ashtanga Yoga in India, he has a refreshing outlook between old-world tradition and new-world inspiration. John currently teaches workshops and retreats around the country. His current teaching residence is at the At One Yoga studios in Phoenix and Scottsdale, Arizona. Some of John's teachers include Tim Miller, Dave Oliver, Rod Stryker, Italy's own Lino Miele, Dharma Mittra, Sri K. Pattabhi Jois, Sharath Ragswamy, and Anthony Carlisi. John also has a B.A. in Theatre from Arizona State University.

Cost: \$35 per session or \$120 entire weekend

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www.yogadurango.com Space is limited. Call Michele 970-946-8961