

a yoga source event ~ summer 2017

# the roots of yoga: working from the inside out

## a weekend with anne van valkenburg



september 15-17, 2017

entire weekend: \$140

members: \$124

\*teacher workshop additional

### about anne

anne is passionate about teaching the nuts and bolts of the physical practice, as well as weaving in the philosophy of the "eight limbs of yoga." her hopes are to inspire students to look beyond the physical and to use the whole practice of yoga as a means to deepen the connection with one's true self. ultimately, yoga teaches us to go inward and by creating an attitude of *santoshā*, or contentment, we are able to embrace all of the parts of our self and can harmonize with the world around us.



fri 6-8 pm

**build from the center**

\$45

working with more than just the abdominal muscles, you will create awareness on "how to" orchestrate the role of "core" muscles with other key component parts such as the legs, the hips, the breath and the energetic/emotional mind place. the "core" is a place of both physical and energetic strength, and in this sequence, you will cultivate patience while working deeply with "the center." sequence includes abdominal strengtheners, twists and arm balances.

sat 10-1 pm

**rotate to stabilize**

\$55

correct shoulder alignment is crucial for shoulder stability and flexibility. this practice will emphasize the importance of external rotation of the arm and shoulder joint, as well as the relationship of the shoulder blades and thoracic spine. through safe alignment more range of motion and more ease in action is achieved. this sequence will include a focus on shoulder elements of surya namaskar and inversions.

sun 10-1 pm

**the inner workings of backbends**

\$55

backbends are energizing and invigorating! many times we can get attached to the external shape of backbends and miss the subtle yet important role of the abdomen, the correct rotation of the shoulders, the movement of the pelvis, the action of the legs, and our breath. all of these aspects will be explored in postures such as salabasana, urdhva mukha svanasana, danurasana, ustrasana and urdhva danurasana.

**1 year of yoga experience recommended for all workshops**

### a workshop for teachers

sat 3-5 pm

**see beyond the physical**

\$50

we will discuss "how to see" the more subtle and energetic fields in your students and how to move beyond teaching only the physical aspect of the asana. exercises will be offered to challenge your teaching skills, enabling you to go with the flow (even when you forget your sequence!), and how seeing your students informs you of what to teach. refine your "in the moment" pedagogy and take your teaching to the next level.



yoga source

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