



Shakti Yoga presents...



Sthira and Sukha: Steadiness and Ease

A weekend of deep and empowering yoga practice with
Barrie Risman, ERYT-500

Friday, Saturday, Sunday November 10, 11, 12 2017

For students and teachers who want to refine their practice and deepen their understanding of alignment-based asana technique. We'll explore the meanings, interpretations and interplay of this fundamental polarity in practice. What is right effort in yoga and in life? How do we achieve the delicate balance of effort and release in asana? How can we apply our experience on the mat to navigate challenges with greater skill and grace? The weekend will include a mix of active asana practices, balanced with restful and pranayama practice to let go into blissful surrender.

***Friday, Nov. 10 6:00- 8:30 pm** Hip openers and forward folds.

***Saturday, Nov. 11 3:30-6:00 pm** Supported backbends, inversions, pranayama.

***Sunday 10:00 am-12:30 pm** Standing poses and backbends.

Location for all workshops: Valley School of Dance, 63 Main St., Geneseo NY 14454

Fees: Early bird by Nov. 1: \$45 each workshop; \$120 all 3 workshops. After Nov. 1: \$50 each workshop; \$135 all 3 workshops. 50% discount for college students.



Barrie Risman is renowned for a teaching style that blends technical precision with an ever-present awareness of the great wisdom of yoga philosophy. She has been leading workshops across Canada and internationally since 1999, and was a certified Anusara Yoga teacher from 2003-2012. Inspired by over two decades of practice, Barrie empowers students and teachers to embrace greater consciousness in their daily lives, and unfold their highest visions of themselves. She is currently at work on her first book, *Evolving Your Yoga: A Seekers Guide to Expanding, Integrating and Deepening the Benefits of Practice*. www.barrierisman.com

~Yoga Workshops with Barrie Risman~

Send your registration to: Shakti Yoga P.O. Box 515, Geneseo, NY 14454.

Name: _____ Phone: _____

Address: _____

E-mail: _____

Friday, Nov. 10, 6:00-8:30 ____ Saturday, Nov. 11, 3:30-6:00 ____ Sunday, Nov. 12, 10:00-12:30 ____

Amount enclosed: _____ Checks payable to: **Shakti Yoga.** Thank You!

(585)243-5240

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