



The Poetry of Yoga: A weekend with Mary Paffard

September 30 - October 2

In our 21st century mainstream yoga, we are paying more and more attention to the medical and the fitness benefits of yoga asana. These are indisputable and to be encouraged! but at times, we loose connection with the simple power of Yoga practice and the fact that it is an entire art and science of discovery and joy. By bringing more attention to the imagery we use and giving ourselves permission to play with the postures, breath and movements, we let go of redundant or rigid instructions and begin to honor our own very individual path. In this way, we become more curious and more engaged in the larger practice of yoga on and off the mat!

Join us for 3 days of delicious asana, meditation and breath work where poetry, imagery and sangha can infuse your practice and take it to new levels. The perfect weekend for those who need to revive their practice and remember why they practice! Also very suitable for those who would like to taste the impact of a whole weekend of yoga in good company!

Weekend Workshop
Friday PM, September 30th - Sunday AM, October 2nd

Cost: \$190, all 3 days
\$170 for early bird registration before September 15th

Day 1

Friday, September 30
6-8 p.m.

The Poetry of Kindness

Day 2

Saturday, October 1
10-11 p.m.

The Poetry of the Natural World

Saturday
2-4 p.m.

The Poetry of Inner
Spaciousness and Calm

Day 3

Sunday, October 2
8-11 a.m.

The Poetry of Integration
and Balance

*For full descriptions of each sessions, please visit our website, turtlesyoga.com

Teacher's Workshop: Moving from the Inside

Psoas and Deep Belly Inspirations

Friday, September 30

12 - 4 p.m.

The world "core" has become ubiquitous and yet, in our yoga world what does it mean? We - and our students - all want to have a healthy abdominal area but how do we define and support this in the way we teach and in the ways we explore the whole body and being? This workshop will explore different ways to bring attention and aliveness to the lower abdominal area.

Suitable for experienced teachers, trainees and those who have a strong home practice and are willing to see teaching as a metaphor for deepening their yoga.

Cost: \$80 (priced separately from weekend workshop)
\$65 for early-bird registration before September 15



Mary Paffard has been teaching and training teachers nationally and internationally since 1985.

Visit www.maryyoga.com for more info.



Sign up at turtlesyoga.com or call 503.574.4711 to reserve your spot!