

# UPCOMING

# WORKSHOPS

## YOGA FOR STRESS RELIEF

Workshop \$30

with Jamie Blessinger, RYT

Sun 3/6/2011 from 12:00 PM - 3:00 PM

Come explore the Yogic Approach to Stress Management. You will learn to understand stress and how to relive it, build a foundation of **inner steadiness**, cope with stress as it arises and how to respond, not react, to situations. Jamie will take you on a journey through a step by step process of experiential learning that will include stretching, relaxation, breathing, and concentration that leads to a more peaceful way of living that you are able to recreate.



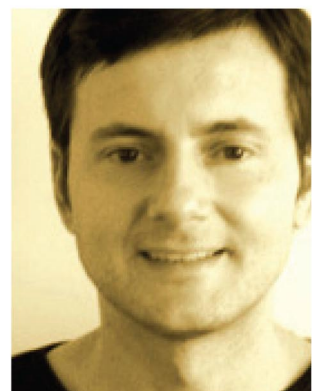
## ASHTANGA YOGA WEEKEND

with Eric Wheeler, RYT

Fri, Sat 3/18/2011 - 3/19/2011

Friday March 18th : 6:00 PM - 9:00 PM

Saturday March 19th: 1:00 PM - 6:00 PM



Ashtanga yoga is a set sequence of asanas (postures) utilizing ujjayi pranayama (breath), drishti (gaze), and bandhas (locks). Building on intro to yoga, this class teaches the **full primary series** of the ashtanga vinyasa (flowing) system, adding seated forward bends, twists, and basic backbends.

Both days: \$100.00 Friday only: \$50.00 Saturday Only:\$75.00

## 500 HOUR (300 HOUR BRIDGE) ANANDA YOGA TEACHER TRAINING IMMERSION

with LeShan Barrios, ERYT

Fri, Sat, Sun 4/1/2011 - 7/31/2011, Time TBD

Class times will be held on Friday nights, Saturdays and Sundays

Ananda Yoga Teacher Training is a unique and comprehensive 200 hour & 500 hour Yoga Alliance Registered Program.

The 500 hour program is designed to introduce current 200 Hour RYT yoga teachers to a non-dogmatic synthesis of classical and contemporary advanced yoga teaching techniques drawn from the best of the major yoga systems today.

LeShan is an Experienced Registered Yoga Alliance Instructor and founder of Ananda Teacher Training.



## BASICS OF FORREST YOGA

with Elizabeth Pope, RYT

Sat 4/2/2011 from 2:00 PM - 7:00 PM



The workshop will consist of a 2-hour Forrest Yoga class from 2-4pm which anyone interested in Forrest Yoga can take for \$30. A short break will follow. Then Elizabeth will provide a Forrest Yoga teaching clinic from 4:30-7pm which can be taken separately for \$45. The teaching clinic is designed for yoga teachers. If you are a yoga teacher you can opt to take the whole workshop for \$65.

Forrest Yoga will teach you to go deeper and find your truth. You can view Forrest's website at [www.forrestyoga.com](http://www.forrestyoga.com).

## GANESHA PUJA AND WORKSHOP with SATYABHAMA

Fri, Sat, Sun 4/8/2011 - 4/10/2011

from 10:00 AM - 6:00 PM



Join Jai Dee Yoga Studio and LeShan Barrios as they host Satyabhama/Margalo Ashley-Farrand in this 2 day workshop on stories and mantras of Ganesha to include:

- » Friday 7 - 9pm: \$40 for Friday Only 2 hour puja ceremony to remove obstacles and bring blessings
- » Saturday 10am - 6pm: \$150 \*Handouts and CD of mantras chanted to be included.

» Sunday 10am - 6pm: \$150 \*Handouts and CD of mantras chanted to be included.

» Full Workshop Weekend: Friday Puja Ceremony + Saturday and Sunday workshop : \$300 \*Handouts and CD of mantras chanted to be included.

This workshop will teach **Ganesha mantras** that even experienced practitioners have never seen before. These mantras to invoke his help in every aspect of life will be taught while folded into enjoyable myths and stories from a variety of scriptures, along with Bhajans and Kirtan.

## FORREST YOGA

with Cheryl Champagne, 500 RYT

Sat 5/21/2011

from 1:00 PM - 6:00 PM

The pillars of Forrest Yoga are Breath, Strength, Integrity and Spirit. Forrest Yoga helps you connect to your core - getting strong and centered. It uses heat, deep breathing and vigorous sequences to sweat out toxins. Forrest Yoga does not require strength or flexibility; it only requires that you bring a willingness to learn how to feel authentically and respond honestly.



Forrest Yoga honors and celebrates the beauty of life and the power of Spirit. It is an inspiring yoga practice that builds flexibility, intelligence and strength while helping **deepen the relationship with your authentic self**.

For more detailed descriptions or to sign up for any of these workshops, visit: [www.jaideeyoga.com](http://www.jaideeyoga.com) and follow the workshops link.