



ASHTANGA YOGA WITH TIM MILLER

Please join us for an invigorating and spiritually uplifting weekend with Tim Miller. Tim has been studying and teaching Ashtanga Yoga for over 30 years and was the first American certified by Pattabhi Jois at the Ashtanga Yoga Research Institute in Mysore, India. Tim's compassion, experience and gentle humor make him one of the most celebrated and knowledgeable teachers of this ancient system of yoga throughout the entire world.

Friday, September 12

9:00—11:00 a.m.
Mysore

Traditional Ashtanga open practice format—all levels, familiarity with the Primary Series suggested.

6:00—8:30 p.m.
**“Roots and Wings—
The Mysterious and Elusive Bandhas”**

Please join us as we explore the application of bandhas to a variety of asanas as a way of enhancing concentration, stability, comfort, alignment, and lightness. We will also use a variety of pranayama techniques to explore the connection of breath to bandhas and a refined sense of awareness. Open to all levels.

Individual Class: \$50
Entire Weekend: \$225
Space is limited—please preregister

Saturday, September 13

9:30 a.m.—12:00 p.m.
Primary Series as an Archetype for Practice

This class will explore the philosophy of Pantanjali's Yoga Sutras combined with an in depth examination and practice of Ashtanga Yoga's Primary Series; Yoga Chikitsa.

2:30—5:00 p.m.
**Teachers Intensive: Adjustments Clinic and
Q & A:**

Open to all interested in deepening their knowledge of the Ashtanga system. Examine problematic asanas and patterns found in students and explore how adjustments and alternative approaches can enable freedom and balance in the practice.

Sunday, September 14

9:30 a.m.—12:00 p.m.
**“The Heroic Journey—
Sadhana as Exploration”**

This will be an improv class addressing the layers of the self (the koshas) using asana, pranayama, mantra, and sacred poetry.