

WEEKEND WORKSHOP WITH ALEXANDRIA CROW

Friday – Sunday, April 5 – 7th 2019

OPEN TO ALL LEVELS



FROM THE INSIDE OUT.

Spend a weekend learning about the practice of yoga by looking at the inner workings of yogic philosophy, the body and the mind so that the practice becomes personal, effective and wise.

The practice of yoga is an individual journey that is mostly taught in group format these days. In order to work within the current context with wisdom, students must look deeply at their body and mind as it relates to each and every class, with the philosophy of yoga as a practice at the root.

We will begin with learning what a yoga practice is all about from a philosophical standpoint. We will discuss why we're doing asana, and what it aims to teach us. We will then look at the nervous system and the deeper layers of the physical body and its structure as a means to assess what is going on both structurally and mentally.

Most students are trapped to some degree in a fight or flight response, and we will look at how that impacts the body and the mind, from range of motion to clarity of mind, as well as the sensation of pain. Students will then learn from the inside out, about how their personal, internal structure and range of motion relates to the postures most commonly offered in classes.

They will learn their own unique range of motion, how to interpret physical sensation signals, and how their mind interacts with the bodily sensations, which ultimately can lead to skilled choices which - when refined, can lead to a productive practice with less injury.

Each person's skeleton, musculature, connective tissue, lifestyle and injuries cause a unique situation, that once uncovered, will create a wiser approach to postures offered in classes as well as how to know when a certain pose just isn't meant for you, leading to a practice with tremendous depth and effectiveness.

MASTER TEACHER ALEXANDRIA CROW is known worldwide for her work in **Yoga Physics** where she empowers yoga students and teachers with valuable knowledge so they can practice and teach wisely, sustainably and mindfully. Her style is real, funny, challenging and accessible to all students and abilities.



Friday, April 5, 6:00 pm – 9:00 pm

WHY POSE?

Why do we do asana? What are we trying to learn and/or access in these postures? In this lecture/discussion we will look at the philosophy behind a yoga practice and how to bring that consciousness and understanding to the physical practice. This awareness, when layered upon the poses, makes for a complete practice that can bring about transformation and growth both in the physical body and in one's approach to how they live.

Saturday, April 6, 10:00 am – 1:00 pm

THE DEEPEST LAYERS – THE NERVOUS SYSTEM, SKELETAL RANGE, AND BASIC BIOMECHANICS.

We will begin by looking at how the nervous system affects the body and its range of motion. The class will begin with at least an hour long physical asana practice, where students will set a baseline of their personal range of motion and skeletal structure both before and after the transition of their nervous system into the parasympathetic system.

Class will be followed with a lecture and diagnostic lab where we will look at the basic biomechanics of all the joint regions in the body in relation to the most common shapes performed in class. We will discuss the general amount of range that can be expected out of each joint region - and what to do if there is limitations.

Saturday, April 6, 2:00 pm – 5:00 pm

FEET, LEGS, KNEES, HIPS AND SPINE

The hip and spine perform a biomechanical dance that, when understood, allows a wise approach to postures such as **Forward Folds, Arm Balances, Hip Openers and Basic Backbends**.

Class will begin with at least an hour long asana practice aimed at learning ones individual skeletal structure and range of motion in the ankle, knee, hip and spine that allows students to approach postures with wisdom that in turn can help prevent unnecessary injuries in these areas. We will look at how these joints are affected in standing, seated, and other categories of postures.

Class will be followed by a lecture where students will learn about how the hip's limitation and position impact the spine, learn underlying reasons for the range of motion in the hip and how to keep your lower back and SI region safe.

Sunday, April 7, 10:00 am – 1:00 pm

WRISTS, ELBOWS AND SHOULDERS

Asana can and does injure students' wrists, elbows and shoulders far too often, but it is something that can be avoided.

There are some basic skeletal issues that need to be understood in relation to the upper extremities and shoulders, as they impact poses where body weight is placed on the hands.

We will begin with at least an hour long asana class designed to allow students to explore these regions of their body in both weight bearing and non-weight bearing poses.

Class will be followed by a lecture where the anatomy and mechanics of these joint regions will be explored and discussed. Students' individual range of motion and strength will be looked at - as it relates to common postures in class - allowing them to learn how to modify and work with wisdom for their own unique physicality.

Sunday, April 7, 2:00 pm – 5:00 pm

SHOULDERS AND SPINE

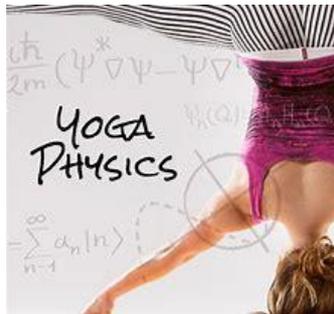
In a similar fashion to the hip and spine, the shoulder and spine also participate in a partnership that can help strengthen and stabilize those regions, preventing injury when functioning properly.

Drawing on the information from the earlier modules while adding in newly learned information in this workshop, students will start with an asana practice with the full body in mind and bring all of the pieces together.

We will then dissect the shoulder girdle and spine as they relate to inversions and backbends that may have previously been out of reach from an understanding of your own unique structure.

We will also look at how twists function within the spine and how to approach them with the underlying layers of the body in mind.

At the end of this workshop students will know their own unique body, its range, and how to work it with wisdom in any asana class they attend.



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Fee:

Before Feb 15: NOK 2900 (early bird)

After Feb 15: NOK 3300 (full price)

NOK 700 per workshop

How to register:

Register at Leela Yoga, www.leelayoga.no or

email mail@balancestudio.no and make payment available to

BALANCE yoga & pilates, account number 6029 06 15081