

Ramanand Patel has been credited as a teacher of teachers in Iyengar style yoga around the world since 1968. His deep knowledge regarding challenging physical issues, technical knowledge of asana, pranayam, and a grasp of the fundamental questions of philosophy and psychology are mixed with a keen sense of humor, to make his classes thought provoking and challenging in all the aspects of yoga. Furthermore, he is an innovator in the use of props and working with students with special needs. He regards his father, Shri BKS Iyengar, Swami Dayananda, and J. Krishnamurti to be his sources of guiding light. He resides in Dublin, CA. For more information visit WWW.YOGIRAMA.COM



Ramanand Patel Workshop June 15, 16, 17, 2012

Ramanand will guide the classes to address a method of learning some of the rarely taught poses such as Padasana. In each such pose we will learn:

1. What should be practiced before attempting this new pose?
2. What are the primary and secondary movements required to get into the pose?
3. How to break down the pose into parts and learn those parts, keeping focus on safety and understanding?
4. Common problems, solutions and adjustments that would be helpful.
5. Proper sequencing ideas

Ramanand will take a general approach focusing on the physical, physiological and organic body through asana practice. Ramanand will share methods on how and when to use props to help assist with challenges in the neck, shoulders, hips and knees. Workshop is suitable for teachers and students with at least one year of yoga experience.

Friday June 15 6:00-8:30 pm;

Sat-Sun June 16-17 10:30-5:00 PM.

There will be short lunch breaks on Saturday and Sunday. Bring a light snack each day. Bottled water, herbal tea, juices and snacks are available at the studio.

Location: Yoga East Holiday Manor Studio,
2226 Holiday Manor Center
Louisville, KY 40222

Phone Laura Spaulding at 502-585-9642
for information or to register.

Fee: \$300 (register by April, 2012 \$270)



register online at www.yogaeast.org