

The Play of Opposites

A 3 part workshop on the Second Series
of Ashtanga Yoga With Allison Ulan

Saturdays, February 6th, 13th and 20th, 2010
2 - 4:30 pm each session

As Yoga practice progresses, the postures and techniques draw our attention deep into the central axis where we are able to access living without biases and in equanimity. When this understanding is experienced, the mind and body naturally move toward Samadhi (a state of meditation). In this 3-session course, we will look deeply at the postures of the Second Series as skillful means to promote inner focus, natural pranayama and insight meditation.

The Second Series of Ashtanga Yoga is called Nadi Sodhana, which translates as nerve cleansing. This series is a sequence of back bends, twists, hip openers, and headstands that prepare a yoga practitioner for the pranayama in the traditional Ashtanga form.

The Second Series is a great compliment for the intermediate or advanced student who is cultivating subtlety and balance in their daily practice.

\$75 for all 3 sessions or \$30 for one session
(All fees include taxes)

Pre-requisites: A solid understanding and practice of the primary series and/or its equivalent asana/breath practice from another yoga tradition.

Allison Ulan

Allison Ulan has been studying and practicing Yoga and Meditation since 1988. Her introduction was with Joseph Rempel in Iyengar Yoga. Fascinated with the positive effects of body/mind connection therapies, she went on to study Body-Mind Centering with Bonnie Bainbridge Cohen, Advanced Yoga with Sri. K. Pattabhi Jois and Richard Freeman, Meditation in India and Tibet with several masters and continues her Vipassana studies with Christina Feldman and others at IMS. She centers her practices and teaching in Metta (Loving-kindness) and as an eco-activist, she is interested in presenting mind approaches that empower us to respect our planet Earth in thought and action.



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