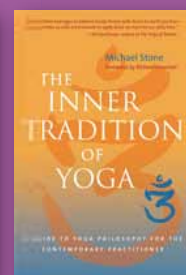
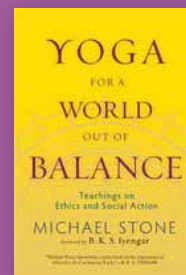




Michael Stone

Michael Stone is an internationally renowned teacher, psychotherapist and author of; yoga, mindfulness meditation, and Buddhism. He is based in Toronto where he leads Centre of Gravity, a diverse community of Yoga and Buddhist practitioners interested in the integration of committed practice, daily life and social action. He is the author of "The Inner Tradition of Yoga," and "Yoga For A World Out Of Balance: Teachings on Ethics and Social Action," and a forthcoming collection on Yoga and Buddhism. www.centreofgravity.org



Thursday March 25th 11:00 am - 6:00 pm TH1STO

Yoga From the Ground Up: Bandhas, Pranayama, Drsti

This in-depth asana class workshop explore bandhas (internal energy bonds), pranayama (unconditioning of the breath) and drsti (meditative gazing) within yoga posture sequences. These three techniques help deepen the psychological aspects of yoga so that as we work with the body we also free the mind. For beginners and teachers alike, this class will be practical and educational and will explore some subtle aspects of yoga postures that are rarely taught and often misunderstood. We will slow down common posture sequences and look at the mind-body connection with depth. A rare chance to delve into important theory combined with practice and discussion.

Friday March 26th 6:00 pm - 8:00 pm FR2STO

Yoga For A World Out Of Balance

Drawing on his new book, Michael Stone will offer five principles for taking yoga off the mat and into the world of relationships. Drawing on Patanjali's teachings and modern psychology, Michael will give specific examples of how to put yoga to work on contemporary imbalances in our ecology, families, bodies, hearts and minds. This is an excellent class for those wishing to deepen their practice off the mat and also for teachers looking to better communicate yoga philosophy in their communities and also within their own lives in formal practice and in everyday obstacles. There will be practices and discussion. Please bring a copy of Yoga For A World Out of Balance: Teachings on Ethics & Social Action by Michael Stone, foreword by B.K.S. Iyengar (Shambhala Publications).

Michelle Cormack is a Doula/ Labour assistant, Child-birth Educator, Pre & Postnatal Yoga & Pilates Teacher, Thai Yoga Massage Practitioner & Reflexologist with vast experience and understanding of childbearing issues. She has taught several teacher training programs. She is the co-author & co-trainer (with Kam Thye Chow) of the Lotus Palm School of Thai Yoga Massage Prenatal. www.5elementsyoga.com

Michelle Cormack



Thursday March 25th 11:00 am - 6:00 pm TH1MIC

Teaching Prenatal Vinyasa Flow Yoga

Develop confidence to teach pregnant women. In this course, you will learn how to offer pregnant women a unique opportunity to tap into their inherent, essential fluid nature. We will explore a vinyasa flow practice designed specifically for the needs of pregnancy: balancing strength and relaxation within the container of delicious fluid yoga. Learn to teach this transformative practice and provide a potent and unique experience for women to prepare for birth, motherhood and life!

Sunday March 28th 2:00 pm - 4:00 pm SU3MIC

Teaching Prenatal Yoga

Learn how to develop the confidence to teach pregnant women and help them focus on the balance between the physical demands of labour and the relaxation needed for an empowering birth. The focus is on safe and effective therapeutic yoga postures, pranayama, visualization, toning and meditation.



Nadine Saxton

A Laban/Bartenieff somatic specialist, Nadine connects her hands on clinical skills with developmental patterns and Space Harmony to stimulate neurogenesis. Her knowledge of the interrelationship between systems of the body and emotions supports her ability to facilitate the awakening of sensory awareness and enhances a clearer expression of our meaning in movement. This inner to outer approach utilizing principles of movement integrates bodymind connectivity. www.nadinesaxton.com

Friday March 26th 6:00 pm - 8:00 pm FR2SAX

Developmental Patterns

Experience the five underlying Developmental Patterns responsible for body organization that supports the moving process. Discover which patterns are strong or weakly developed. Each relates to emotions and thought. The more integrated neurological pathways and range of motion and expressive possibilities are directly related. Missed patterns create compensatory and less efficient movement patterns. Re-experience and re-pattern to create greater coordination and ease in movement.

Saturday March 27th 1:00 pm - 3:00 pm SA3SAX

CranioSacral Techniques for Yoga Teachers

This workshop will focus on the underlying physiological and energetic structures of the cranium. See and feel the bones of the skull and the sacrum. Learn to efficiently lift the head and accurately connect with the chakras housed within.

Sunday March 28th 4:30 pm - 6:30 pm SU4SAX

Understanding Organ Support

The practice of Traditional Chinese medicine and acupuncture relates that specific emotions accumulate in specific body organs. Understanding the emotions that are stored in the organs and how to release them through weight sensing, breath support, touch and movement is the focus of this workshop.