

Thursday March 25th 6:30 pm - 8:30 pm TH2NAR

Transform your Transitions - Waves and Lines

Slip into the gap between and within every pose! Get twice the benefits and alignment from your poses when you add conscious transitional movements to your flow! Learn to move between and into all your poses to release lower back and joint tension, build strength fast and keep your energetic channels moving.

Friday March 26th 9:00 am - 4:00 pm FR1NAR

Core Strength Vinyasa Yoga. The Intensive

Transform your pose and practice. Move through 9 classes of poses. Catapult you and your student's light years forward in their practice. Not to be missed! The 9 Sections include: Mountain Pose Template, The Vinyasa, Transitions, Standing Poses, Arm Balances and Core Poses, Hip-Openers, Twists, Backbends, Forward Bends. Workshop includes a Core Strength Vinyasa Yoga Certificate of Completion to add value to their existing style. Open to participants and teachers of all styles and levels.

Friday March 26th 6:00 pm - 8:00 pm FR2NAR

Pure Core Strength with Yoga

Spark an Abdominal Transformation. Often, yogis are strong at the periphery, but lack power at the core. This unique, empowering flow, including the full spectrum of asana, will show you new poses to ignite and transform your center strength using yogic alignment, philosophy, energetics and breath. A great addition to any yoga style!

Saturday March 27th 8:00 am - 10:00 am SA1NAR

Bandha Power

Using The Three Locks to Ignite Your Flow, this workshop will take your poses to the next level in power and possibility. Learn the anatomy and alignment of the three energetic locks and how to apply the bandhas to transform even the most stubborn poses like Crow, Handstand, Boat and more.

Saturday March 27th 10:30 am - 12:30 pm SA2NAR

Fly from the Core, Rock Your Inversions

Do inversions freak you out? Do you love them? No matter what your relationship to upside-down is now, you'll learn a 3-step process to ensure your most safe, centered and empowering inversions. From the preparation into the pose is a journey of inspiration and freedom awaiting you. In this mindfully moving yet fiery class, you'll bust fear, gain core strength and learn new ways to generate your inversions from deep center!

Saturday March 27th 3:15 pm - 5:15 pm SA4NAR

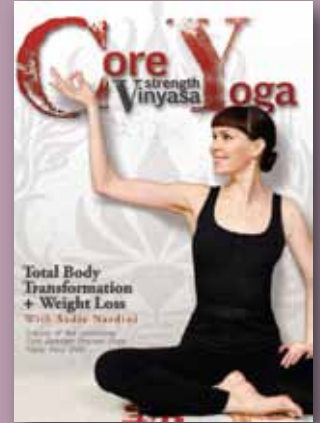
Sequencing from the Core

Create dynamic Core Strength Vinyasa Yoga class sequences. You will learn Core Salutations, Core Poses and Core Sequencing. Get acquainted with fresh, creative and effective ways to build heat faster while adding more stretching, strengthening and detoxifying benefits to any practice. Build yourself or your students towards a "super adventure" pose and discover how to intelligently link postures together for a more dynamic, transformative at-home or studio class that serves your needs. Perfect for instructors and students of all levels!

Sunday March 28th 11:30 am - 1:30 pm SU2NAR

Root Chakra Flow

Connect to the typically underused first three energy centers in new ways to dissolve blocks to your strength and power and build more heat, stamina, core strength, self-knowledge and optimal alignment in every pose!



Sadie Nardini

Sadie Nardini is the founder of Core Strength Vinyasa Yoga and was called a "rising star" by Yoga Journal for her ability to transform your practice, using dynamic new core-centered alignment, real-world wisdom and creative sequencing. She travels internationally, training teachers and students of all styles to move and live from deep center. Sadie is co-founder of The Fierce Club in New York City, creator of bestselling DVDs and author of the Road Trip Guide to the Soul [Wiley]. Sadie is the weekly "Core Strength" columnist for GaiamLife.com. To get her free yoga newsletter, visit www.SadieNardini.com!

Jill Cressy

Jill Cressy manages fitness, dance, martial arts and sport programs at the Faculty of Physical Education and Health, University of Toronto. She presents workshops on Energy, Voice, and Nia as well as an author. www.jillcressy.com



Thursday March 25th 6:30 pm - 8:30 pm TH2CRE

Nia for Life-Passion!

Nia is a blend of Dance, Martial Arts and Healing Arts including Yoga and Sounding. This workshop will combine Yin & Yang energy with intention, to integrate our masculine and feminine qualities. Moving with both strength and grace, experience the marriage of doing and being to break barriers and move through obstacles, surrender to the moment, wait, receive, and listen. Learn to adjust your movements and voice as needs and desires change.