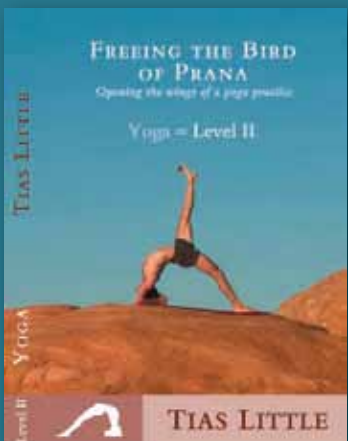
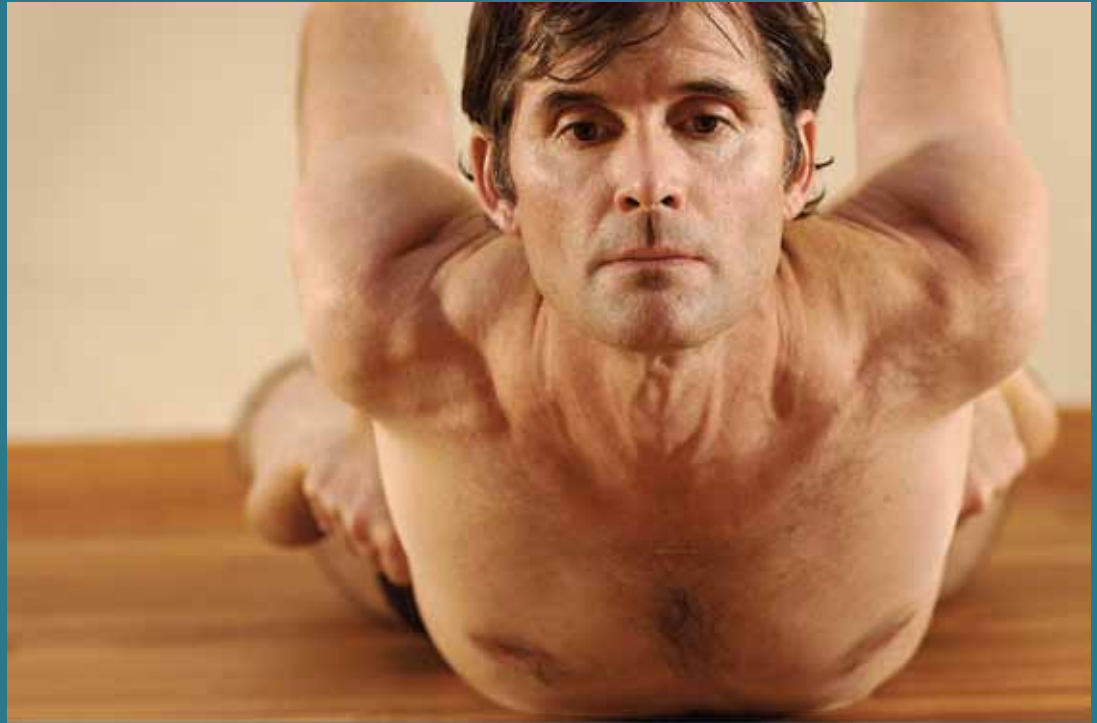
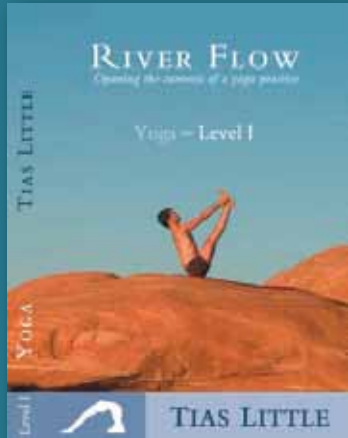




Tias Little

Tias Little brings experience, wisdom and imagination to his teaching. He has trained extensively in the Iyengar and Ashtanga vinyasa yoga methods as well, his teaching focuses on yoga and anatomy, blending Western and Eastern perspectives. He continues as a student of Tibetan Buddhism and has practiced Zen meditation since 1992. Tias is a licensed massage therapist and has studied cranial-sacral therapy and somatics extensively. Tias has a master's degree in Eastern philosophy. He currently directs his Prajna Yoga program in Santa Fe with his wife Surya and leads yoga intensives nationally and internationally. www.prajnayoga.com



Saturday March 27th 10:30 am - 12:30 pm SA2LIT

Side-Ways

Freeing the side body in yoga is key to opening the core. If the side body is hemmed and bound then the inner body has no room to expand and open. Beginning at the outer heel, along the outer leg, waist, trunk, neck and skull, this class aims to release the sides of the body in order to allow the interior to open. Sidebends and Twists.

Saturday March 27th 3:15 pm - 5:15 pm SA4LIT

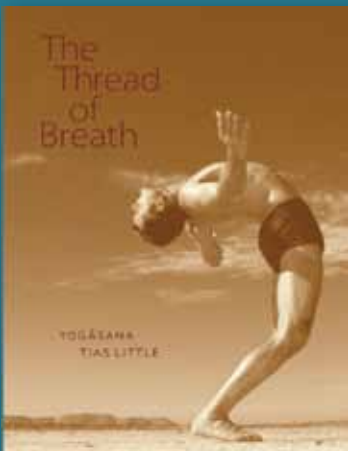
Lumbar-Sacral Blues

This class focuses on the application of postures for the lower back and sacrum. Low back strain is frequently due to pulling in the hamstring, outer leg and buttock. This class maps patterns of strain in the legs and hips in order to help relieve torque and compression in the sacrum and low back.

Saturday March 27th 5:30 pm - 7:30 pm SA5LIT

Yoking the Shoulder Girdle

It is common for the shoulders to collapse and displace forward due to repetitive strain and overuse of the arms. This may result in pain in the neck region, tension between the shoulder blades and numbness in the arm and hand. The aim of this class is to reduce shoulder and neck restriction and to effectively yoke the shoulder blades onto the back. We will practice supine, seated and standing postures that help set the shoulders efficiently on the spine and prepare for arm balances.



Sunday March 28th 11:30 am - 6:30 pm SUILIT

Apana - Prana

In the yogic system movement, in the lower abdomen and pelvis is referred to as Apana and in the upper abdomen it is Prana. Apana governs elimination within the reproductive, digestive and urinary systems. It relates to the lumbar spine, sacrum, pelvis and pelvic organs, while Prana is governed by the lungs and respiration. For Apana, this class serves to; release congestion, strain and imbalances in the lower abdomen in order to increase mobility within the first and second chakras. Twists, inversions, supine poses and supported backbends will be covered with a Pranayama with focus on exhalation. For Prana, this class serves to open the upper rib area, the sternum and collarbones in order to improve elasticity of the lungs. Our emphasis is on releasing restriction in the diaphragm and to refining the movement of the breath. Backbends, inversions, meditation and Pranayama with focus on inhalation.