

# BRAD WAITES

Brad Waites is a certified Purna Yoga Instructor at the 2000-hour level. He also has a 500-hour professional level teacher's certificate from Kripalu Center. He is registered with Yoga Alliance as a 500-ERYT. He is a member of the faculty of the Purna College of Yoga and leads 200-hour teacher trainings for the college. He leads workshops and classes at conferences and studios in the U.S. and Canada. [www.bradwaites.ca](http://www.bradwaites.ca).



**Thursday March 29th 11:00 am - 6:00 pm TH1WAI**  
***Creating Safety: Ahimsa in all you Practice and Teach***

The first rule of yoga practice and teaching is "do no harm." What can we do as yoga practitioners and teachers to insure that our practice and classes are safe? In this six-hour workshop, we will explore how to create safety through fostering the right environment, engendering the right attitude, and moving the body correctly. We will address the primary safety issue in each basic standing posture, as well as in inversions, twists, forward bends and back bends. Don't guess when it comes to keeping yourself and your students safe; learn exactly what you must do to minimize the risk of injury.

**Thursday March 29th 6:30 pm - 8:30 pm TH2WAI**  
***Plug-In: Using Backbends to Spread the Energy of Spirit***

Quantum physics and yogic philosophy tell us that everything is interconnected in a unified field of light. Do you feel the energy, the love, and the unity that is available in every moment? We will explore backbending techniques that open our access to light and draw us into one of asana's most cherished effects: realignment of the sushumna nadi. Prepare to work the spine powerfully toward the central channel that leads to one's soul.

**Friday March 30th 6:00 pm - 8:00 pm FR2WAI**  
***Uncreating Lower Back Pain***

Pain in the sacroiliac joint and the lower back can range from irritating to debilitating. In this workshop, learn the anatomy of lower back pain, and how to do specific poses to release and relieve muscle spasms and misalignment of the SI joint and spine. Learn how changing your subconscious thoughts and feelings changes your health and what foods you can eat to reduce inflammation and pain. Class will cover asana, breath, nutrition, and yogic thoughts to apply in your day-to-day life so that you can hear what your body is trying to tell you. You will learn how to make changes without reverting to surgery or pain medication. All Levels

**Saturday March 31st 8:00 am - 10:00 am SA1WAI**  
***Neck, Shoulders and Upper Back in Purna Yoga***

Most of us carry tension in the neck, shoulders, and upper back. Because we hold tension in our necks and shoulders, we shrink blood vessels and thereby create pain and stiffness in this area, often leading to headaches and fatigue. This tension in our upper spine reduces our ability to think clearly, to communicate with ourselves and others, and express what we need to say. Students will learn simple and easy innovations for releasing tension in these key areas to promote a stronger and clearer mind-body connection. All Levels. Bring: one sticky mat, one block, and one belt. Discussion and asana

**Saturday March 31st 3:15 pm - 5:15 pm SA4WAI**  
***Wrists and Carpal Tunnel Problems Be Gone***

Learn the underlying causes of wrist and carpal tunnel pain, starting from the spine all the way to the fingertips. In this class, you will learn sequences for opening the shoulders, elbows, and wrists. The American Medical Association recognizes yoga as a resolution for Carpal Tunnel Syndrome. All Levels

**Saturday March 31st 5:30 pm - 7:30 pm SA5WAI**  
***The Great Adventure: An Introduction to the Philosophy of Sri Aurobindo***

For thousands of years, the goal of yoga remained unchanged. Then, just a few decades ago, Sri Aurobindo changed it all. Through direct spiritual experience, he learned what the next phase of yoga is to be, and through his work with the Mother (Mirra Alfassa) he prepared the world to move into its next great phase: the evolution of the spirit. This workshop, which combines lecture, centering techniques, and question & answer, introduces some of the basic concepts of Sri Aurobindo's philosophy of the evolution of consciousness. We will also learn centering and meditation techniques that allow us all to participate in this evolution. Come and join us, and find out where the path is leading. Open to all.

**Sunday April 1st 9:00 am - 11:00 am SU1WAI**  
***Healing the Hips and Knees in Purna Yoga™***

Most knee problems are hip problems, and many hip problems come from doing postures without placing the hips in joint. This strains the tendons and ligaments that surround the hips and also causes excessive wear to the cartilage inside the hip joint. Learn how to decompress and open the hips in all directions and how to keep the hips and knees safe and in-joint throughout your practice. Time will also be spent on how to re-align and strengthen the knees. This is a must for all serious yoga practitioners. All Levels

**Sunday April 1st 2:00 pm - 4:00 pm SU3WAI**  
***Best Twist Ever***

Twists release the small muscles along the spine and allow them to relax into length, which in turn decompresses the nervous system. Twists also detoxify the digestive system and free held negative emotions. After reviewing the fundamentals of safe and effective twisting, we will progressively explore Matsyangasana (Mermaid Pose), a beautiful twist that creates an even release along both sides of the spine. So, if you are (or dream of being) a mermaid, merman, merboy, or mergirl, this class is for you

**Sunday April 1st 4:30 pm - 6:30 pm SU4WAI**  
***The Sacrum: Understanding the Sacrum in Standing Poses, Front Bends and Backbends in Purna Yoga***

The sacrum supports the spine and bears its weight, both physically and emotionally; it is its root and contains its essence. When the sacrum is worked correctly, the rest of the spine almost magically falls into alignment. In this class, we will explore both the anatomical function of the sacrum in asana as well as its emotional rapport with the pelvis, as also its importance in the inner yoga of transformation. We will explore how to access and work the sacrum in standing poses, front bends and backbends to bring freedom into our nervous systems and our lives. Advanced Beginning/Intermediate. Bring: one sticky mat, one block, a blanket and one belt. Discussion and asana