



NATASHA RIZOPOULOS

Natasha is a Senior Teacher at Yoga Works, where she has taught since 1997. She is the featured teacher in Yoga Journal's "Step-by-Step" Home Practice DVD series, and has appeared in magazines and on television, as well as in the photo essay "Yoga: A Yoga Journal Book." She is a contributing editor and columnist for Yoga Journal, and writes the on-line column "Ask the Beginner's Expert." In addition to her classes in Boston, Natasha travels extensively, teaching at conferences and leading workshops and teacher trainings around the world.
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Friday March 30th 6:00 pm - 8:00 pm FR2RIZ

The Pelvis - Unlock Your Hips

Learn the basic anatomical principles that will transform your understanding of your hips, and translate into freedom in all of your postures. We'll use standing, seated and supine postures to increase your range of motion in all directions, so you leave class having released your hips and empowered to continue the opening in your regular practice.

Saturday March 31st 10:30 am - 12:30 pm SA2RIZ

The Art of Teaching and Practicing Backbends (For teachers and inquisitive students)

Many students miss the great benefits of back bending because of a lack of clarity about alignment, sometimes resulting in discomfort, distress and avoidance. In this class we'll explore the common pitfalls that lead to unhappy backbends, as well as the instructions and sequencing you can use to address these issues, so that your students can reap the rewards of a healthy spine and an open heart for years to come. Bring a block and a strap.

Saturday March 31st 3:15 pm - 5:15 pm SA4RIZ

The Yoga Sutras - A Roadmap for Life

Patanjali's famous text is a familiar friend to some Yoga students, and a mysterious reference to others. Whether new to the Sutras or well acquainted, come discover how their simple yet universal truths can be explored and applied to activities both on and off the mat. We'll spend time discussing some of the most beloved sutras and then investigate them in terms of asana, meditation and daily life. (Lecture and Asana)

Saturday March 31st 5:30 pm - 7:30 pm SA5RIZ

The Art of Sequencing (For teachers and inquisitive students)

The ability to structure and sequence classes so that students have the best possible experience, both on the mat and afterwards, is one of the hallmarks of skillful teaching. Learn to create sequences that progressively prepare students for challenging postures so they can find the fullest and safest expression of their asana, as well as leave class feeling balanced and calm. This class will explore the idea of sequencing as a coherent narrative arc, building practices around themes and using counter poses to bring both body and mind into a state of equilibrium.

Sunday April 1st 9:00 am - 11:00 am SU1RIZ

Chaturanga Redux - Revisit a Familiar Pose and Transform Your Practice

Refine your understanding of this habitual pose and discover how dramatically it can impact all your other postures, including backbends, twists, arm balances and inversions. Chaturanga Dandasana is one of the most frequently practiced postures in Yoga, and as a result has an enormous effect upon your entire practice, either in a good way or a not so good way. Come fine-tune this powerhouse of a pose and see the immediate benefits throughout your practice.

Sunday April 1st 11:30 am - 1:30 pm SU2RIZ

Bending Forward and Looking Inward

Forward bends offer a tremendous opportunity to settle down and quiet the mind. But not if your hamstrings are in revolt and/or pulling on your lower back. To address these issues we'll move through a sequence designed to release the back body so you can truly enjoy the benefits of these calming postures. Bring a block, a blanket and a strap.

Sunday April 1st 2:00 pm - 4:00 pm SU3RIZ

The Cosmic Dancer

Natarajasana combines several essential dynamics; it's a dramatic back bend that also involves balance, as well as strength and flexibility in the standing leg. Discover how to explore and integrate these various elements, as you build this beautiful pose from the ground up, and then revel in both the physical pleasure and the eka grata (one-pointed focus) that results.