



COLLEEN SAIDMAN YEE

Colleen graduated from Jivamukti's Teacher Training program in 1998 and has been teaching ever since. She has been featured in *The New York Times* and *New York Magazine* and in November 2003 was on the cover of *Yoga Journal*. She co-owns *Yoga Shanti* in Sag Harbor, New York. www.yogashanti.com

Thursday March 29th 11:00 am - 6:00 pm TH1YEE
Asana, Pranayama and Meditation

Where does one begin and the other end? As we focus on one of these limbs of yoga how are the other two incorporated. First we will practice asana to prepare for pranayama and then practice pranayama to set the foundation for meditation as normally sequenced, but then we will see how pranayama informs asana and how both are forms of meditation. This is for all levels to come and deepen your understanding of these three aspects of the art of yoga and how they interrelate, overlap and integrate.

Friday March 30th 9:00 am - 4:00 pm FR1YEE
Sequencing for Everyone

Sequencing poses is an engaging and fun process. Once you learn some fundamentals the process is safe and endlessly creative. Deciding what you are sequencing for is the central guideline and framework in which the practice is built. Is it a pose or an emotion or a state of energy that you are trying to access? Come learn not only the essential knowledge but other concepts that will open the doors to the world of sequencing. All levels are welcome, all that is needed is an open heart and attentive mind.

Saturday March 31st 8:00 am - 10:00 am SA1YEE
Hip Opening to Arm Balances

Come learn how the hip opener poses correspond to the arm balancing poses. As we come to understand the patterns of these poses, we can begin to balance the hip joints in ways that open the gateway for the power of the legs to feed into the torso. The arm balances require this fluidity and knowledge in order to find the effortless skill of flying in different shapes on our arms. In this class we will reveal the importance of the legs even when we are on our arms. This will be a wonderfully sequenced vinyasa class that will shed light on the interrelatedness of these categories of poses. Come have fun and be intrigued.

Saturday March 31st 10:30 am - 12:30 pm SA2YEE
Twist to Backbends

How do twist unlock the door to freedom and evenness in backbends? What type of twist prepare us for keeping the back muscles broad? What are the common difficulties in backbends that can be addressed by a well designed sequence? These are the questions we will explore and move through as we practice deeply and intelligently. All levels welcome.



RODNEY YEE

Rodney is featured in over 30 yoga videos and DVD's. He co-authored two books, *Yoga: the Poetry of the Body* and *Moving Toward Balance: 8 Weeks of Yoga with Rodney Yee* and has appeared on Oprah Winfrey. His study roots were in the Iyengar Tradition. Currently, he is based in New York and leads teacher trainings, workshops, and retreats nationally and internationally. www.yeeyoga.com

