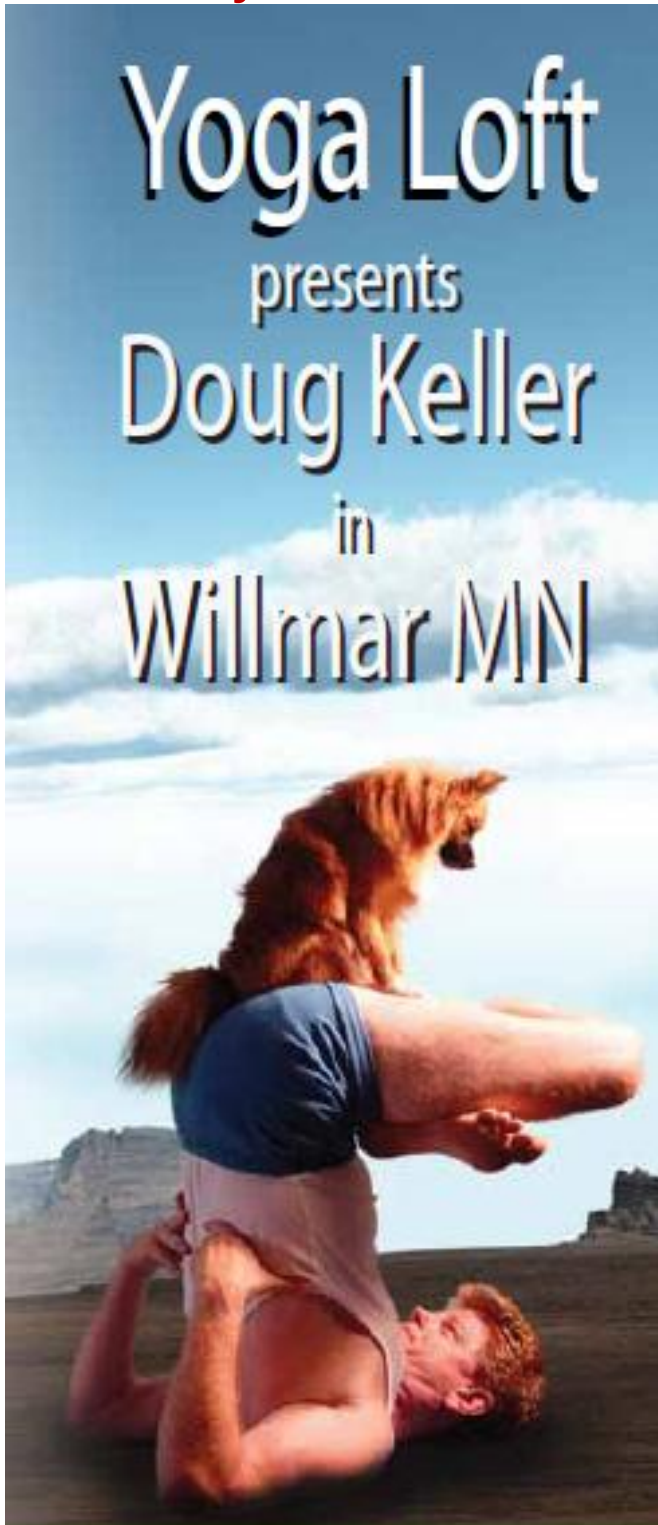


**DOUG KELLER @ YOGA LOFT**  
**February 19 & 20, 2016**



Yoga Loft  
presents  
Doug Keller  
in  
Willmar MN

Yoga Loft  
7215 Highway 71 NE  
Willmar MN  
www.YogaLoft.net

**The Yoga of Expanded Awareness:  
The Therapeutic Wisdom of Yoga  
Discovered Through Practice**

This year we will begin with the upper body — the neck, shoulders and arms — to explore

- the fascial lines or ‘sutras’ that govern them,
- what their proper alignment and actions are in ALL classes of poses, both weight-bearing and non-weightbearing (which is always a source of controversy among teachers and practitioners), and
- what the most common therapeutic problems are that we encounter in these areas, the anatomy of these problems, the obstacles that they present in asana practice, and how they can be addressed through variations and with the use of props, particularly to support strengthening and healing.

This approach will be designed especially to be useful to teachers for providing effectiveness and clarity in their instructions, and for practitioners who want to more deeply understand and address pain problems they are encountering, or simply want to become stronger and better aligned through insightful practice.

Following the work with the shoulders, wrists, elbows and neck, we will turn to sacral and hip stability, along with problems in the low back. Issues surrounding the sacrum will be more deeply explored, and we will go through all classes of poses — particularly twists and backbending — with a focus on actions that bring greater stability of the sacrum and hips, while also addressing students who are very stiff.

**Friday Afternoon Asana Insights — 1-4:30pm**

**Threads in the Fabric of the Arms: Beneficial  
Alignment and Action for the Shoulders**

- From foundations in the hands to the shoulders, shoulder blades, upper back and neck, there are myofascial sutras that govern the rotations of the arms and movements of the shoulder blades. Effective alignment of the shoulders in asana, as well as variations for students who are either tight or hypermobile, can only be understood by knowing and understanding these ‘sutras’ and how they function in asana.
- We will explain these sutras and how they function in supporting the bones and movement, and will cover all types of poses — from the different arm positions in upright or non-weightbearing poses and stretches to those that are weight bearing, from Downward Facing Dog to backbends and inversions — and cover the best hand, elbow, shoulder and shoulder blade alignment from the perspective of these sutras.
- The main objective will be to arrive at clear, simple and effective instructions for arm and shoulder actions, as well as covering hands-on adjustments.

### Friday Evening Asana Practice: 6-8:30

#### Foundations for Flight: The Lower Body, with Secrets of the Hamstrings and Extra Love for the Knees

Just as the first session explored the muscular connections through threads of the arms and shoulders, with their foundation in the hands, this session will connect to foundations in the feet, knees and hips.

- We will expand our perspective to include the effect of better actions in the hips and pelvis upon the health of the knees — giving special attention to the knees and the factors that influence their health.
- And we'll see how the hamstrings are not just there to be 'stretched' in our practice, but also can be *used* to help us with our low back and knee issues!
- The practice will flow through asana, with practical tips for self-awareness and emphasis on actions that bring the greatest positive benefit as well as protection from injury.

### Saturday Morning Practice — 9:30-Noon

#### The Bandha Connection: A 'Cranio-Sacral' Understanding of the Bandhas in Asana Practice

The sacrum is the one bone in the body named after the 'sacred,' and it provides the foundation for both our embodiment in movement as well as a subtle pathway to self-awareness. Sacral stability and freedom are becoming key concerns in yoga, especially as injuries arise from both hypermobility in asana practice as well as tendencies to 'push' against our inflexibility.

The bandhas connect the actions of our head, neck and shoulders to the movement of our low back and sacrum, and yet this connection is overlooked in asana practice.

This active practice will establish the connection between head and neck movement (and variations), freedom in the shoulders, and the health of the low back and sacrum as well as openness in the hips. It will be a very practical approach to reestablishing this connection in our everyday life as well as in our asana practice!

- We will specifically cover sequencing for greater sacral stability, and specific work with proper actions in all classes of poses — particularly twists and backbending, as well as forward bending — that maintain sacral stability. We will keep an eye on the relationship of actions in the neck — both helpful and unhelpful — to sacral movement and pelvic and hip stability.

### Saturday Afternoon: 1:30-4

#### 'Flying in the Sky of Consciousness' as the Deeper Yoga of Spaciousness: 'Laya' Yoga in Breath and Relaxation

The complement to the disciplines of asana and pranayama in the tradition of hatha yoga is the aspect of practice called 'Laya,' which includes yoga nidra and explores the deeper aspects of breath and meditation. The bhava or 'attitude' of this approach to yoga was expressed in the subtler meanings of 'Khechari' — to 'fly in the sky of consciousness.' It means letting go (temporarily) of the mind's ordinary tendencies toward the busy-ness of setting intentions and striving to achieve its goals, and instead experiencing the natural, expanded and easeful state of consciousness that refreshes and enlivens us.

This will be connected with the chakras, with insight into how the 'Laya' approach has always been the key to the chakras within the hatha yoga tradition. This includes awareness of root sounds or 'bija' mantras as well as the emphasis upon 'nada' or the quality of inner listening that is the key to deeper meditation.

This session will take us deep into these aspects of breath and meditation, with an understanding of how this aspect of yoga provides a necessary balance to the 'achievement-centered' aspects of yoga.

The practice will include some aspects of the use of bandha and mudra as well as simple pranayama as preparation for deeper experiences of breath and meditation, as well as relaxation.

### Friday and Saturday \$200

**Early Bird by Jan. 30th, 2016**  
**(after Jan. 30th fee increase to \$225)**

Name: \_\_\_\_\_

Telephone \_\_\_\_\_

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Register Early, this will fill up quickly.  
No refund for no-shows.

**Send Your Payment by Check to:**  
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