

# YOGA LOFT

**DOUG KELLER @ YOGA LOFT April 17-18 2020**

## **Sequencing and Marma in Yoga:**

### **Inspirations for the Path Inward Through the Therapeutic Wisdom of Yoga**



“Krama’ yoga is the step-by-step path that acknowledges that we don’t just ‘do’ yoga, but enter into the experience progressively, incorporating the experiential learning from each step into the one that follows. This applies as much to the therapeutic wisdom of yoga practice as it does to its spiritual dimensions.

We most often think of ‘sequencing’ as simply a physiological rationale for how we string yoga poses together in a series. But in a much deeper sense, ‘Krama’ is about the revelations we explore at each stage of practice that unveil the next stage of experiential understanding. And all the while, according to tantric philosophy, the thread running through this progression is the confirmation of the essential intuition or ‘prasiddhi’ we had from the beginning, but did not fully understand or appreciate — but still felt its truth.

This training will range from the **practical** — tools for working sequentially with yoga practice, not just through the ordering of poses, but through understanding the firing order of muscles that produce a healthy chain of functional movement — to **deeper** forms of understanding through the marma system of Ayurveda that supplement and reinforce our practice, to **even deeper** understanding that it is marma that

provides the path to the ‘Chakras’ (getting us beyond the more simplistic ideas that poses ‘open’ our chakras).

The sessions will range from the practical/experiential to the philosophical/experiential, all with a thread of understanding that will illuminate your practice.

### ***Friday Afternoon — 1:00pm - 4:30pm*** ***‘Jala:’ the Subtleties of the Neck in Yoga and the Experience of Yoga***

Much of the subtlest and most profound work in yoga — in breath and meditation, as well as in asana — has to do with the neck in conjunction with all of the actions of the senses: gaze, tongue, breath and so on. We’re only beginning to understand the implications for health and well-being in terms of the effects upon the principle cranial nerves and the vagus nerve in particular.

In simple and accessible ways, we’ll explore these subtleties with the help of simple exercises joining small neck and shoulder exercises that incorporate gaze and breath, which can then be expanded into principles in asana practice. A basis for the simple exercises will be Stanley Rosenberg’s work in exploring the power of the Vagus nerve. And what we do with it will go beyond what Doug has done with the neck in the past.

This will include exploration of Marma points connected with neck and shoulder blocks, which fit in well with the work with the neck and shoulders, and can be incorporated into self-care routines as well as asana.

Information will be shared with the help of slides that can be downloaded for your review and practice, and the afternoon will also include practice in asana as well as in meditative posture and sensory focus in breath awareness. This will open up new pathways for practice that are deep yet accessible!

**Friday Evening— 6:00pm - 8:30pm**  
**Why 'Open' the Hips? Essentials of Safe Hip Opening and the Core**

Much of asana practice is devoted to 'opening' the hips, but often without much explanation of what we are really trying to achieve and why — and how best to go about it while recognizing our own structural limitations.

Moreover, 'opening' the hips is *more* than just poses like Baddhakonasana: hip opening is three-dimensional, connecting the movement of the hips to the low back, core, knees and feet. The practice will explore all aspects of this! We'll be exploring all of the elements of hip opening, and how and why working with it is beneficial, how to recognize your own structure, appropriate cautions that are good to know especially when your hips *aren't* very 'open' as well as post-surgery— as well as what you can beneficially focus on if your hips are quite 'open' or hypermobile!

**Saturday Morning— 9:00am - 12:00pm**  
**Timing is Everything: Understanding the Firing Order of Muscles Along Functional Lines in Asana Practice**

This session will be an experiential exploration of the functional lines of movement that provide the core of effective asana practice, and a clear understanding of the 'firing order' of muscles we need to recruit along those lines to keep our asanas 'firing on all cylinders!'

This will help to make your asana practice a more effective and safe whole-body practice that enhances 'functional movement' in your everyday life, as well as introducing a new level of focus into your practice.

**Saturday Afternoon—1:15pm - 4:15pm**  
**Marma as the Gateway to the Chakras — a Philosophical and Experiential Exploration through Breath and Yoga Nidra**

A theme for the weekend is the intersection of marma and yoga, and while many of the applications treat marma on a practical, physical level in conjunction with fascia and fascial distortions, marma actually has a longer history in hatha yoga on the subtler level of dharana awareness, not involving touch or physical action at all.

We don't actually 'open' chakras through physical action such as asana. Marma is the gateway, both physical and subtle, to the inward-turning experience described by the different variations on the chakra 'system.'

We will explore the philosophy and the sequential practices of breath and awareness that lead inward to that experience, going beyond the standard physicalistic pranayama practices and joining meditation and yoga nidra practices.



**Friday and Saturday \$225**  
**Early Bird by March 15th, 2017**  
**(after March 15th fee increase to \$275)**

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

Telephone \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

E-mail \_\_\_\_\_

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

**Send Your Payment by Check to:**  
**Mary Beth Nehl (DK)**  
7215 Highway 71 NE  
Willmar, MN 56201-9103  
or call to register: 320.214.7231  
[www.YogaLoft.net](http://www.YogaLoft.net)