

# YOGA LOFT

## DOUG KELLER returns to YOGA LOFT April 26-27 2019



### Today's Challenges; Yoga's Answers

*A Therapeutically Inspired Yoga Workshop and Training with Doug Keller — open to all*

Throughout history, yoga has always adapted to meet the needs of its practitioners — from ascetics in the early days to the people of today. Yoga has evolved, finding applications of yoga practices — both therapeutic and spiritual — that have gone far beyond what the original yogis had ever imagined for the practice.

This therapeutically inspired yoga training and workshop with Doug Keller honors that evolution with news-you-can-use insights into applications of yoga for your own well-being.

The workshop will cover practical, accessible approaches to common physical challenges tied to modern lifestyle, including pain problems such as sciatica, low back and sacroiliac pain, and neck and shoulder pain. These insights will be incorporated into enjoyable, challenging (and doable) flowing practices of yoga's fundamental poses — with deeper insights into doing the poses well and beneficially.

What is covered in the workshop will also include self-care techniques of fascial release and marma that you can incorporate into your warmup for practice (or everyday activities) for your feet, wrists, low back and hips, and more.

The 'sankalpa' or intention of the weekend is that you leave refreshed, renewed and inspired with practical tools to meet the new year, and a deep appreciation of yoga!

### **Friday Afternoon 1:00PM—4:30PM: Caring for the Lower Body — Low Back, Sciatic and Hip Issues**

Traditional approaches to therapeutic applications of yoga have focused on the 'Koshas' or 'Sheaths' of energy — from the gross, physical layers or 'Annamaya' Kosha to subtler layers expressing the

energy and influence of breath, thought and spiritual insight. These layers were described functionally — and the more deeply we come to understand the functions of fascia, the more deeply a practical correlation between fascia and the Koshas — especially as fascia indeed works in subtler and subtler layers that influence every level of our being.

The fascia of the low back provides a concrete example of this. In last year's workshop, we focused on the influence of the deepest muscles of the spine — the multifidi — which influence the movements of the sacrum, and are a central factor in sacroiliac and low back pain.

This year, we will build upon that, looking at the sheaths of fascia and muscles nested within them that profoundly influence low back health. At this point, research into low back pain is looking beyond trying to isolate factors in low back pain, such as individual muscles, and instead to the thoracolumbar fascia as a matrix of interrelated layers.

This has very concrete and practical implications for our understanding of asana and the dynamics of asana, which will be the focus of Friday afternoon's session — with applications in all classes of asana. We will be reinforcing and building upon what was covered last year, expanding our understanding of low back health through asana.

This will include not just the health of the lumbar spine and sacroiliac joints, but will also include an exploration of sciatic pain, which radiates from the gluteals down through the leg and sometimes into the foot. It is one of our most ancient pain problems, appearing even in the literature of the Greeks, and is as prevalent today as low back pain.

These and related pain problems can be handled through simple yoga routines that recognize and respect our own individual structure and movement patterns; and in our practice we will emphasize actions that are important for overcoming and/or preventing such pain patterns.

The afternoon will be a combination of lecture, experiential exploration of these ideas, and some asana.

**Friday Evening 6:00PM - 8:30PM**  
**From Hands to Heart: Spiraling into**  
**Shoulder Health through the Arms — and**  
**Cultivating Prana and Apana Vayu in the**  
**Actions of the Arms**

Shoulder work in asana practice, with refined actions that spiral from the hands deep into the shoulders and heart, helps us to keep the shoulder joints aligned and free from damage and irritation, while maintaining the space of the upper body.

These are more than simply physical actions: the subtle and empowering energies of Prana and Apana Vayu — receiving and drawing in, balanced with letting go and expanding — can play a profound role in going deeper into these actions, especially when joined to the breath.

We will focus on simple actions that can be applied in the poses, as well as self-care exercises related to marma that can be incorporated into your practice, and used to maintain the benefits of your practice even when there are gaps in your opportunities for practice. These practical actions will be threaded together through the theme of receiving, centering and expanding — Prana and Apana.

The evening will finish with meditation and relaxation based upon a contemplation of these two energies, discovered through breath and body.

**Saturday Morning Practice:**  
**9:00AM - 12:00PM**  
**The Flexible, Spiraling Core — with Special**  
**Attention to the Knees and Hips**

This asana practice, with some self-care marma techniques for the knees, hips and feet at the outset, will explore the experience of the ‘Core’ in asana practice.

Though the idea of a strong ‘core’ has been popular for some time now, too often it focuses simply on abdominal and spinal stability (and in yoga, on the ‘bandhas’ alone), in isolation from the role of the arms and legs. In this practice, we will play with asana and vinyasa as functional movement, with the arms and legs incorporated into the integrity of the ‘core.’

This is something that can be experienced, enjoyed and benefitted from at nearly any level of ability: the ‘core’ is not reserved for the realms of ‘fitness’ alone!

Care will be taken for the integrity of the joints — especially the knees, which are too often the victim of disputes between the hips and feet

**Saturday Afternoon 1:15PM—4:15PM**  
**Breath, Mind and the Path through the**  
**Koshas**

The idea of the ‘Koshas’ has become standard in approaches to yoga and yoga therapy — and although it wasn’t referred to in hatha yoga texts until the 17th century, it has been adopted and used more and more because of its usefulness for exploring our experience. We’ll trace the history of the idea back to the Upanishads and how it has appeared in various ways, and then explore it experientially as a guide to the inner territory of spiritual experience — from pranayama through deep relaxation (yoga nidra) and meditation.

The philosophical theme for meditation will be ‘Prakasha’ or illumination and ‘Vimarsha’ or reflection and self-awareness for a deeper experience of meditation itself, and an understanding of ‘union’ in yoga as wisdom: the joining of illumination and true self-awareness.

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

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

Telephone \_\_\_\_\_

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

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

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

**Send Your Payment by Check to:**  
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