

YOGA MANDALA

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Presents

MICHAEL STONE

YOGA FOR A WORLD OUT OF BALANCE:

Integrating Yoga Practice and A Life of Action

Friday April 30 - Sunday May 2, 2010

at Yoga Mandala
3522A 19th Street SW

Call 403-243-8830 to register today.



Intelligent Vinyasa - Saturday, May 1st 12:30-3:00 pm & 4:00-6:30 pm ~ \$165

This day will focus on slowing down the yoga posture sequence to better understand the internal patterns of the postures and how the breath flows through the poses, resulting in a more meditative practice, with ease and concentration. We will explore bandhas and pranayama experiences as these naturally occur within the asanas. We will have time for both asana practice and an exploration of meditation and philosophy.

Backbends and Inversions, Sunday, May 2nd 12:00-3:00 pm ~ \$85

Sunday will focus on preparing the ground for backbends and inversions. Beginning one step at a time students will learn to create intelligent sequences and treat the asana as a form of pranayama and meditation.

**All of these classes are excellent for students of all levels as well as teachers interested in maturing their understanding of the depth of yoga postures and the philosophy that informs them.

The workshop is cumulative. We encourage you to register for the whole program.

Yoga For A World Out of Balance Lecture, Discussion and Book Signing Friday, April 30th 7:30-9:00 pm ~ by donation

Yoga and awakening.

What is meant by enlightenment in the yoga tradition and what does yoga have to say about healing both the internal world and our extended relationships? How does yoga practice bring ease into our lives and support us in taking ethical and responsive action? Michael will explore the basic teachings of yoga philosophy and how they come to life in the mind, body and culture in each and every moment. Michael can also sign copies of his two books. Please bring a cushion or blanket to sit on. This talk is open to everybody, including those with no previous yoga experience.



Michael Stone is a psychotherapist, lecturer, yoga teacher & author. He co-leads the Centre of Gravity Sangha, a community of Yoga and Buddhist practitioners in Toronto and travels internationally, teaching at academic settings, yoga studios and conferences. Michael offers courses and retreats that focus on the integration of yoga postures, breathing practices, meditation and textual study. He is the author of *The Inner Tradition of Yoga* (Shambhala Publications) with a foreword by Richard Freeman and his latest book, *Yoga for a World Out of Balance: Teachings on Ethics and Social Action* (Shambhala Publications) with a foreword by B.K.S. Iyengar. Visit: www.centreforgravity.org