

# YogaSource

is happy to announce

# Tias Little

Workshop Intensive: January 20 – 22, 2012

Shrewsbury Community Center, 5200 Shrewsbury Ave, 63119



## Friday

### Opening Shoulders (For Teachers and Experienced Students)

**Fri., Jan. 20 (4:00-6:00pm)**

This class details ways to release the upper arm and shoulder. We practice techniques to stabilize the bicep/tricep balance, to unglue the rotator cuff muscles and free the shoulder joint and prepare the shoulder joint for weight bearing.

### Yoga, Prana and the Bloodstream

**Fri., Jan. 20 (6:30-8:30pm)**

This class is designed to help irrigate blood and lymph throughout the body in order to oxygenate and revitalize the bodily tissues. Our aim is to soak, rinse and drain the internal organs through dynamic and supported postures.

## Saturday

### Every Pose is a Mountain

**Sat., Jan. 21 (9:30-12:30pm)**

Tadasana, the mountain pose is the foundation for all the poses in yoga. In this class the emphasis is on embodying the mountain within each pose in order to achieve stability, ease and spaciousness within.

### The Hip Joint Elixir

**Sat., Jan 21 (2:00-5:00pm)**

The name for the hip socket in Greek is acetabulum, which means "wine cup". This class will explore ways to generate fluidity in the hips through both mobilization and stabilization techniques.

## Sunday

### Skillful Vinyasa

**Sun., Jan. 22 (9:00-11:30am)**

This class will explore the essence of vinyasa (movement and breath linked by ease, fluidity and no-force) through a variety of movements. We look at "micro-vinyasa" that involves small and slow movements and we practice vinyasa as the seamless flow between poses.

### The Art of Savasana

**Sun., Jan 22 (12:30-2:45pm)**

Savasana requires profound letting go of one's body and mind, and of all the yoga poses it is the most essential in order to remain relaxed inside. This class will emphasize release within the joints (especially around the spine), dropping the bones, softening the breath and emptying the mind.

**Tias Little Workshop Intensive • January 20 – 22, 2012 • [stlouisyogasource.com](http://stlouisyogasource.com)**

Fill out registration below. Make check payable to YogaSource. Or pay with your credit card by calling (314)645-9642.

Registration for  
**Tias Little**  
Jan. 20-22, 2011  
in St. Louis MO

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ Mobile \_\_\_\_\_  
 Email (important) \_\_\_\_\_

For more information,  
please visit:  
[stlouisyogasource.com](http://stlouisyogasource.com)

Date	Time	Class	Amount	Check
Fri., Jan. 20	4:00-6:00pm	Opening Shoulders	\$38	_____
Fri., Jan. 20	6:30-8:30pm	Yoga, Prana and the Bloodstream	\$38	_____
Sat., Jan. 21	9:30am-12:30pm	Every Pose is a Mountain	\$57	_____
Sat., Jan. 21	2:00-5:00pm	The Hip Joint Elixir	\$57	_____
Sun., Jan. 22	9:00-11:30am	Skillful Vinyasa	\$47	_____
Sun., Jan. 22	12:30-2:45pm	The Art of Savasana	\$43	_____
Individually classes total \$280			Take All 6 Classes for \$235	_____
			Amount Enclosed	_____



**Tias Little** is committed to teaching yoga as a contemplative path, leading to greater sensitivity, tolerance and deep understanding (prajna).

[prajnayoga.net](http://prajnayoga.net)

Call us at (314)645-9642 to provide card info OR provide the following information here:

MC  Visa # \_\_\_\_\_ exp. \_\_\_\_\_

Make check payable to YogaSource and mail to *YogaSource, 1500 South Big Bend, St. Louis, MO 63117* or pay with your credit card by calling (314)645-9642

**YogaSource**, 1500 South Big Bend,  
St. Louis, MO 63117. (314)645-9642  
[stlouisyogasource.com](http://stlouisyogasource.com)