

YogaSource is happy to bring

Tias Little

back to St. Louis for another Workshop Intensive

“Unwinding, Gravity & The Middle Way”

February 4 - 6, 2011



Registration and all payments should be made to:
YogaSource, 1500 South Big Bend, St. Louis, MO 63117
(314) 645-9642

Fri., Feb. 4, 6:00-8:30 pm
“The Middle Way” \$45.00

This class explores the Middle Way in the practice of the dharma and in aligning the vertebrae, discs and surrounding musculature of the spine.

Sat., Feb. 5, 9:00-11:30 am
“Moving Against/With Gravity” \$45.00

In this class Tias will give clear cues as to how to move upward against gravity and how to soften and empty within the flow of gravity.

Sat., Feb. 5th, 12:30-3:00 pm
“Twisting Poses/Side Bends” \$45.00
This class will emphasize both standing and seated spinal twists that have a wringing effect on the internal organs and promote abundant circulation of blood through all the spinal nerves.

Individually classes total \$270.00. **Take all six classes for \$225.00**

Sat., Feb. 5, 4:00-6:30 pm
“Unwinding the Neck” \$45.00

The class will explore the use of non-force techniques to unwind tension in the neck, particularly with spiral movements for the neck and shoulders.

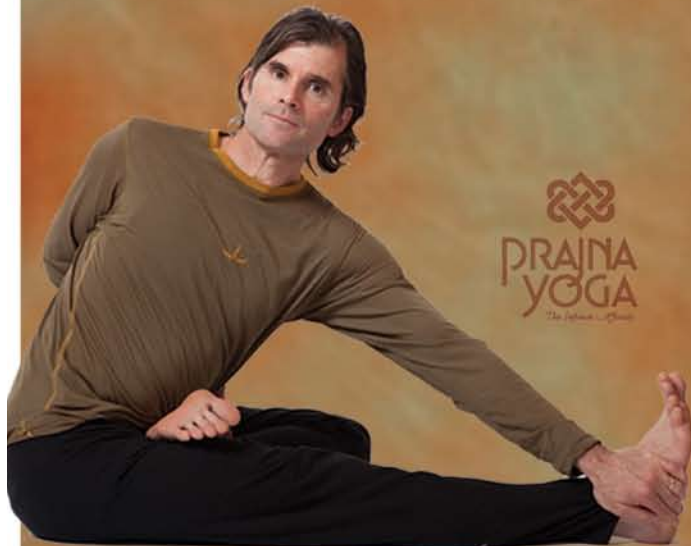
Sun., Feb. 6, 9:00-11:30 am
“Unwinding the Low Back” \$45.00

The class aims to release constriction in the lumbar and sacral area through gliding, rocking, and stretching movements.

Sun., Feb. 6, 12:30- 3:00 pm
“Lymphatic Yoga” \$45.00
Discover how yoga postures aid in the irrigation of lymph fluid. Practice sequences targeted at the glands and membranes around the throat, jaw, and upper chest.

Workshop will be held at: Center of Clayton, 50 Gay Avenue Clayton, MO 63105

Visit stlouisyogasource.com/tias for more detailed information about each session.



Tias Little acclaimed yoga master, meditation instructor and author returns to St. Louis to lead a series of workshops that focus on unwinding the neck, back and spine. Tias presents his own Prajna Yoga, working from a place of deep insight and understanding and practice to embody wisdom and build fuller potential.

Registration for Tias Little. Feb. 4-6, 2011 Unwinding, Gravity & The Middle Way

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Mobile _____
Email (important) _____

Date	Time	Class	Amount	Check
Fri., Feb. 4	6:00-8:30pm	The Middle Way	\$45	_____
Sat., Feb. 5	9:00-11:30am	Moving Against/With Gravity	\$45	_____
Sat., Feb. 5	12:30-3:00pm	Twisting Poses/Side Bends	\$45	_____
Sat., Feb. 5	4:00 - 6:30pm	Unwinding the Neck	\$45	_____
Sun., Feb. 6	9:00-11:30am	Unwinding the Low Back	\$45	_____
Sun., Feb. 6	12:30-3:00pm	Lymphatic Yoga	\$45	_____
Individually classes total \$270			Take All 6 Classes for \$225	_____
				Amount Enclosed _____

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