

# Introduction to Ashtanga Yoga

Led by Diane Lagadec and Steve Coburn

Saturday, February 4<sup>th</sup> 2011 1:00 - 4:00 pm

\$40 Pre-Registration \$50 At the Door



**“Ashtanga Yoga is a system of yoga transmitted to the modern world by Sri K. Pattabhi Jois (1915-2009). This method of yoga involves synchronizing the breath with a progressive series of postures—a process producing intense internal heat and a profuse, purifying sweat that detoxifies muscles and organs. The result is improved circulation, a light and strong body, and a calm mind.” This workshop is designed to introduce the practitioner to the basic structure and flow of Ashtanga Yoga. We will include instruction in Asana, Pranayama, Drishti, Bandhas, and Vinyasa.**

**Please bring a mat, water, a towel and a sense of humor! Dress comfortably and do not eat for at least two hours before class. Steve and Diane teach with respect for each student making the practice accessible to all levels.**

Steve Coburn is a yoga and meditation instructor whose focus is on the Hatha and Ashtanga Yoga systems. With over ten years teaching experience at the Maha Yoga Center in Bridgewater, he brings a gentle and caring nature as he teaches various weekly yoga classes, leads a monthly sound meditation group, and conducts related workshops throughout the year. For him, the study of Ashtanga is ever changing and continually opens new doors for exploration, both as a teacher and a practitioner.

Diane Lagadec BS, was certified in Maha Yoga by Shri Khanna, in Ashtanga Yoga by David Swenson, and has done extensive study with David Life of Jivamukti Yoga. Diane is the owner of The Maha Yoga Center in Bridgewater, MA. She is recognized as a Master Teacher by The National Yoga Alliance and directs a Yoga Teacher Training. She has been teaching Yoga and Meditation for over 35 years. Diane feels grateful for the gift of the teachings that her teachers have given her and only hopes that she can serve others as well as she has been served.



Register at [www.YogaAtTheAshram.org](http://www.YogaAtTheAshram.org) For more information please call: 508-376-4525