



*Tim Miller is coming to Maya
May 4-6*

Tim Miller is coming to MAYA for the studio's 10 year anniversary !!!!

Tim Miller has been studying and teaching Ashtanga Yoga for over thirty years and was the first American certified to teach by Pattabhi Jois at the **Ashtanga Yoga Research Institute** in Mysore, India. Tim has a thorough knowledge of this ancient system, which he imparts in a dynamic, yet compassionate and playful manner. "My goal as a teacher is to inspire a passion for practice. The practice itself, done consistently and accurately, is the real teacher." www.ashtangayogacenter.com

Friday May 4th: 5:30-8:00pm: "Foundations of Ashtanga Yoga"-the Marriage of Philosophy and Methodology An exploration of Samadhi Pada (chapter one of the Yoga Sutras) and the connection between the philosophical concepts presented and the practical methodology of the Ashtanga Yoga Tradition.

Saturday May 5th 9:30-Noon: "The Primary Series-Yoga Chikitsa" An overview of Sadhana Pada (chapter two of the Yoga Sutras) emphasizing the three critical elements of sadhana-- tapaha (refinement), svadhyaya (reflection), and Isvara Pranidhanani (devotion)--and how they are connected to the cultivation of the three vital essences--Prana, Tejas, and Ojas.

Saturday May 5th 2:00-4:30pm: "The Asana Doctor"--An opportunity to address practice related questions such as proper execution of specific asanas, working with areas of particular density in the body, strategies for working with injuries, aging gracefully with the practice, etc.

Sunday May 6th 9:30am-Noon "Awakening the Subtle Body--an Introduction to Nadi Shodhana" An exploration of the Intermediate Series of Ashtanga Yoga and its relationship to the Pranamaya Kosha (the energy body), particularly the three primary nadis--Ida, Pingala, and Sushumna--and the seven Chakras.

Sunday May 6th 2:00-4:30pm: "Cultivating the Buddhi--an Introduction to Pranayama" The Buddhi is the "Awakened Mind", or Intelligence--what could be called the "Sattvic" (harmonious, expansive, and luminous) state of mind. This class will introduce the foundational principles of Pranayama and explain how the application of these principles can cultivate the Buddhi.

\$50 per class; All Five Classes: \$225 No refunds after April 21st, 2012



Name _____ Phone _____

Address _____

Email _____

Please mail registration form and check to Maya Yoga, 215 W. 18th Street Ste. 200
Kansas City, MO 64108 816-679-1053 kathleen@mayayoga.com

or register at WWW.MAYAYOGA.COM

