



# REFINING THE FLOW

Deconstructing Asana for the Depth of the Pose

SATURDAY 7-31-2010 12:00pm - 3:30pm

\$30.00 Pre-Registration \$35.00 at the door

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Move past the shell of the POSE  
Create the DEPTH of the pose  
Refine & Create Awareness in Your Flow

Mr. Iyengar says "all of the secrets of ALL of the poses are in the standing poses". Indeed, standing poses are the foundation for understanding fundamental and subtle actions in all asanas. Come explore the truth of this statement. Find out why mastering a pose like Warrior 1 will profoundly change your backbends or how Downward Facing Dog teaches the pelvis and legs to work in the deep forward bends.

When we deconstruct the poses, noting similarities and differences with more challenging poses, we find the best way to order postures (sequence them) to open the body methodically, and create equanimity and balance in the body--thus cultivating new postures with awareness and depth.

This workshop will deconstruct all commonly mis-aligned asanas, challenging advanced asanas, and include a question & answer portion (please bring your questions), as well as provide a time to partner up and work on adjusting for safe alignment.

Join Elinore for an afternoon of Asana UNCOVERED!

**This workshop is recommended for EVERYONE with a level 1/2, 2 & 2/3 yoga practice**

ELINORE COHEN Owner of Urban Lily Yoga - brings her more than twenty five years of movement and dance experience in the styles of ballet, lyrical, modern, and jazz--in addition to her vast knowledge of movement anatomy to her teachings of yoga. Elinore's professional ballet career spanned several regional and state ballet companies. After several injuries and health concerns Elinore turned to yoga to rehabilitate her body and mind. After completing her 200 hr. and additional 300 hr. teacher trainings at YogaWorks in Santa Monica, Elinore went on to teach at YogaWorks, LYFE Yoga Center, Tru Yoga, and Rising Lotus Yoga. In addition, she completed her Yoga Ed. teacher training, Elinore taught the Yoga Ed. program at its flagship school - the Accelerated School in South Central LA - to children in grades k-12. Urban Lily Yoga is her unique vision of a community of teachers who "TEACH", inspire, and foster the essence of yoga.

