

Prajna Yoga Immersion

with

Theresa Murphy

special guest for Tias Little and Prajna Yoga

Three days, April 20-22, 2012

Four sessions: \$90 before 4/10/12, \$110 after



Deepen your practice with special guest teacher Theresa Murphy, ERYT-500. Theresa is a senior Prajna Yoga Instructor under internationally renowned Tias Little, whose practice is deeply rooted in Iyengar and Ashtanga yogas. Prajna means insight, deep understanding and wisdom in Sanskrit. It suggests an embodied wisdom, or a knowing that permeates the mind, the nerve endings, connective tissues and all the cells throughout the body.

Theresa's style and approach to teaching is unique, blending classical alignment, with a myriad of yoga asana disciplines and traditions. In addition to her work studying with and assisting Tias Little she actively studies Iyengar Yoga with Patricia Walden, and Peentz Dubble in Boston. Other major influences are Sarah Powers, Erich Schiffmann, Dharma Mittra, Tias Little and others. Theresa is currently a student of the Insight Yoga Institute, a 750 hour program directed by Sarah Powers, studying spiritual psychology, Ayurveda, Chinese medicine, Yin Yoga, Taoist Yoga and Shadow Yoga. She lives her yoga, with over 12 years of teaching experience, 20 years of practice, 6 years running two yoga studios and 4 years running a teacher training program. Her classes are fun, challenging and uplifting; she'll take you places you never thought you'd go!

Austin Kula Yoga
2415 Exposition @ Windsor
one mile west of MoPac

512-542-3334
www.AustinKulaYoga.com



Skillful Vinyasa

Friday, April 20, 2-4:30 pm, for teachers and advanced students
\$25 before 4/13/12, \$30 after

Vinyasa in yoga suggests to link poses together, in the way that choreography in dance creates continuity of movement. Often the word vinyasa is translated simply as "flow". In this class we will practice that the art of vinyasa sequencing, in a way that emphasizes precision and deliberately builds toward a peak pose. Practicing vinyasa with discrimination allows for greater range of motion and access to deeper poses.

Unwind the Spine

Friday, April 20, 6-8 pm, \$20 before 4/13/12, \$25 after

Many people experience upper back and neck stiffness during the day. Lower back compression is so common in our culture, that 85% of our society suffers from low back pain at some point in their lives. Typically this pain is due to asymmetrical strain patterns, such as excess tightness on one side of the body. This class aims to release constriction in the sacral, lumbar, thoracic and cervical areas through gliding and rocking and stretching movements.

The Front of the Back

Saturday, April 21, 2-5 pm, \$30 before 4/13/12, \$35 after

The front of the back holds the deepest and most core structures of the body: the iliopsoas muscle, the kidneys, and the respiratory diaphragm. This class investigates ways to stretch and strengthen these areas to be more spacious, open and lifted along the front of the back.

No Fear In Yoga

Sunday, April 22, 9-12 noon, \$30 before 4/13/12, \$35 after

The practice of no fear, called abhaya, is central to the foundation of a yoga practice. Key to this is the cultivation of courage and fortitude, which work as an antidote to fear. This class aims to generate fearlessness both through physical practice and through mind training in order to build the confidence and openness necessary in a world of ongoing change.

