

Tias Little

From the Ground Up: Yoga Anatomy Teacher Training

Friday-Sunday, April 12-14, 2013

9:30 am - 5:00 pm

(includes 1.5 hour lunch break)

Fee: \$425 by 4 p.m. Friday, 3/15; \$500 thereafter

Special refund policy for this event. See back of flyer for details.

Join Tias Little for in-depth exploration of the foundational teachings of the yoga practice.

- Learn to open the body with “mobilization” and “stabilization” techniques.
- Review the key anatomical structures that relate to the arches of the feet and detail how the feet are “the foundation to the temple of the body”.
- Study the leg’s musculature, arteries and nerve channels.
- Study the importance of aligning the knees and femurs to achieve balance in the pelvis.
- Study the inner, outer and core myofascial meridians in the legs.
- Learn the importance of the sacrum relative to the muladhara and svadhisthana chakras.
- Study mula and uddiyana bandha while undertaking an in-depth study of the iliopsoas and its preeminent position in the body.

Tias incorporates the power of chanting and integrates wisdom from celebrated texts including the Rg Veda; Katha Upanishad; the Buddha’s teachings and the Yoga Sutras.

This course is required for all Prairie Yoga 200 hour teacher training. It is also open to ALL teachers, teachers-in-training and interested students. Counts as 18 hours of continuing education for registered Yoga Alliance teachers.

Tias Little has been a student of Iyengar Yoga since 1985. He spent 6 months in Mysore in 1990 studying Ashtanga Vinyasa Yoga and again in 1996. He is a student of Tsoknyi Rinpoche’s in the Dzogchen practice of Vajrayana Buddhism. He is steeped in the Soto School of Zen Buddhism and is an avid student of Dogen. Tias is trained in massage, cranial-sacral therapy and has studied extensively with Tom Myers in Anatomy Trains. In 1998 he earned a Master’s degree in Eastern Philosophy from St. John’s College. Since 2006 Tias has been studying trauma and recovery through Somatic Experiencing.



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STUDENT INFORMATION

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

PAYMENT

You must register for this event with Prairie Yoga. This event is expected to sell out so please register early. If you require lodging, hotel guest rooms are purchased directly with the hotel; the number of guest rooms is limited and not guaranteed. We will provide the discount code upon event registration.

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$425 paid in full by Friday, March 15, 2013**

_____ \$500 paid after March 15, 2013

REFUNDS & CANCELLATIONS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund policies that are fair to you, the studio and the presenter. Thank you for your support.

- **For refund requests at least one week prior to the start of the event**, you may request a refund, less 15%.
- **For refund requests less than one week prior to the start of the event**, no refunds or credits will be given.
- If you do not show up for an event, no refunds or credit will be given.
- **Refunds for credit card payments are subject to an additional 4% transaction fee.** No exceptions, even if an event is cancelled by Prairie Yoga or the presenter.

Cancellations: We reserve the right to cancel an event due to factors outside of our control. If an event is cancelled by us, you will receive a refund (If you paid by credit card, the refund is minus 4% credit card transaction fee).



PRAIRIE YOGA

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