

# Tias Little

## Yoga Anatomy Training, Level 2: The Fluid Body

**Thursday - Sunday,**

**April 19 - 22, 2012**

Thursday - Sunday: 9:30 a.m. - 5:00 p.m.

(with 1.5 hour lunch break)

**\$550 by 3/22/12**

\$650 thereafter

*Special refund policy in effect*

In Level 1, attention was given primarily to the legs and lower trunk. In Level 2 we study the upper trunk, arms, and hands. We provide an in-depth exploration of the ribs, diaphragm, shoulder girdle, brachial plexus, heart/lung and

throat. In the asana training we detail ways to open the hands and forearms in order to properly support the shoulders in weight bearing. Asana sequences include poses that open the chest and back, back bends, inversions and arm balances. We look at active and passive ways to open the ribs, sternum and diaphragm. Much time is devoted to the shoulder girdle and practicing poses that serve to align the shoulders and reduce strain in the rotator cuff area. We practice pranayama while introducing ways to sensitize the diaphragm, ribs and lung tissue. We detail the practice of jalandhara bandha and its effects on the throat chakra, and the thyroid gland.

A primary theme is the fluid system. We look at the fluid pulse (spanda) that animates the cosmic cycles of creation/destruction, particularly through the powerful metaphors of ocean and river. As we explore the cosmic themes of water and life, we detail the circulation of blood, lymph and cerebral-spinal fluid through the body. We look at the way emotional holding may become buried in the chest and upper back. There is a continued exploration into the body's primary diaphragms of the feet, the pelvic floor, the respiratory diaphragm and the palate.

Includes anatomy training manual. Each day of anatomy will include an asana practice and a 1-1/2 hour lunch break.

*Counts as 24 hours toward: Yoga Alliance Anatomy Requirement; Prairie Yoga Teacher Training and Prajna Yoga Teacher Training.*

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**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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### EVENT DATES

**Thursday - Sunday, April 19 - 22, 2012**

Thursday - Sunday: 9:30 a.m. - 5:00 p.m.

### FEE

**\$550 by March 22, 2012**

\$650 thereafter

### STUDENT INFORMATION

Name:

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Address:

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City/State/Zip:

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Phone:

Email:

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### PAYMENT

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

\_\_\_\_\_ **\$550 paid in full by March 22, 2012**

\_\_\_\_\_ \$650 paid after March 22, 2012

### 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 3% 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 low enrollment or factors outside of our control. If an event is cancelled, you will receive a refund (If you paid by credit card, the refund is minus 3% credit card transaction fee).



**PRAIRIE YOGA**

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