

Two Dog Yoga Presents

# Hatha Yoga

## Evolution Revolution



with Doug Keller **October 21-23**

## Swatantrya Therapy Teacher Training

Thursday and Friday: Yoga As Therapy

**Thursday Afternoon: Advanced Therapy Training: Low Back, Sacral and Hip Pain — Assessment and Yoga Solutions** — An in-depth look at low back, sacral and hip pain arising from ligament injuries and muscle strain, as well as sacral misalignment. This will include assessment techniques for locating the problem, as well as for distinguishing these problems from more serious disc issues. This will include issues of working with the pelvic floor, transverse abdominals and gluteals, and their role not just in the hips and low back, but their relationship to knee problems. And of course how to translate that into simple instructions and incorporate into teaching poses and series of poses. **1:00-5:00pm — 4 Hours Swatantrya credit hours. Individual session: \$80**

**Friday Afternoon: Advanced Therapy Training: The Psoas — Don't Push the River** In-depth insights into the psoas — the core muscle at the center of all flowing action in asana and in life. We'll go into its anatomy, assessment and release techniques, and we'll look into the kinds of pain that come from not only the psoas, but also the quadratus and gluteals. The session will include insights into their function and signs of its dysfunction, and into the actions in asana practice by which we can release, strengthen, and best support the work of this gatekeeper of the 'midline.' **1:00-5:00pm — 4 Hours Swatantrya credit hours. Individual session: \$80**

**Price for Both Teacher Training Sessions: \$145 or \$130 early registration**

## Hatha Yoga Workshop for All: Friday and Saturday

**Friday Evening — Sacred Freedom: The sacrum and its support system** This asana practice will focus on the sacrum and low back — basic (but underappreciated) actions in all classes of asanas which provide for the mobility and stability of this all-important joint system. This is an all-levels asana practice, with a clear an accessible approach to sacral health woven into a full series of poses (except inversions), with insights into opening the hips. **6:30-8:30pm — 2 hours — \$35**

**Saturday Morning: Principles of Freedom and Expansion:** This asana session will include an introduction to the principles of centering and of movement at the heart of the Swatantrya School of Yoga. These will be presented in user-friendly terms that are rooted in the biomechanical realities of the 'sutras' described in Doug's two-volume work 'Yoga As Therapy.' This will provide you with a straightforward, practical approach to your practice (and teaching) of yoga, as well as shedding new light upon the concepts such as the bandhas' that have always been fundamental to the practice of hatha yoga. This practice session will include all classes of asanas, with clear and specific guidance in each class of poses. **9:00-11:30am — 2 1/2 hours — \$40**

**Saturday Afternoon: The Path of 'Union' and the Cave of the Heart — The Inward Journey:** Yoga means 'union' — but what does that mean in practical, experiential terms? While the philosophies associated with yoga and meditation can seem esoteric and abstract, the path of practice among yogis — from its earliest roots in the path of the 'warrior' — has sought to give empowerment through practice by which we can more fully engage and experience life, as well as experience the immanent and all-pervasive Self that all forms of mysticism seek. This session will put in context the two traditions of yoga — the warrior and the sage — which appear throughout the history of yoga; and it will also be a led session in which we'll explore and practice pranayama and specific techniques of the Vijnana Bhairava and Spanda Karikas, with explanation their place in yoga as a practice of 'union' and empowerment, as well as of deep meditation. **12:30-3:00pm — 2 1/2 hours — \$40**

**Price for the Weekend Workshop: \$100 or \$90 early registration**

# Evolution Revolution

## The Ongoing Transformation of the Yoga Tradition: Hatha Yoga

### Yoga Therapy Teacher Training Sessions

- Teacher Training Package \$145 — \$130 Early Registration (before October 7th)**
- Thursday Session Only: Sacrum and Low Back \$80
- Friday Session Only: Psoas \$80

### Hatha Yoga Workshop

- Weekend Workshop Package \$100 — \$90 Early Registration (before October 7th)**
- Friday Evening: Sacred Freedom 6:30pm - 8:30pm — \$35
- Saturday Morning Asana: Principles of Freedom 9:00am - 11:30pm — \$40
- Saturday Afternoon: Philosophy, Pranayama & Meditation 12:30pm - 3:00pm — \$40

Name: \_\_\_\_\_  
Telephone \_\_\_\_\_ Alt. phone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail \_\_\_\_\_



Make checks payable to Two Dog Yoga and mail to: Two Dog Yoga Center, 12549 28th Ave NE, Seattle WA 98125  
www.TwoDogYoga.com contact: 206-367-9608 email: info@twodogyoga.com

### Two Dog Yoga Studio

12549 28th Ave NE

Seattle WA 98125

www.twodogyoga.com

We strongly recommend signing up by Oct. 7!

Doug Keller is widely recognized for his unique and insightful contributions in the field of hatha yoga, yoga therapy and yoga philosophy. He is the author of several widely read books on these topics, and writes the 'Asana Solutions' column for Yoga+ magazine.

For more information on Doug and his teaching, visit his web site at [www.DoYoga.com](http://www.DoYoga.com)