

Thursday Afternoon: Advanced Therapy Training: The Sacrum's 'Circle of Integrity' — A focused look at the health of the sacrum, low back and hips: how to assess problems in these areas, identify the specific muscles failing to support the 'Circle of Integrity' surrounding the sacrum, and provide focused exercises and specific work in asanas to restore integrity. This training is 'advanced' in the sense that it turns more toward one-on-one work appropriate to yoga teachers for students with specific problems, while providing insightful support for teaching safe and beneficial yoga classes. 4 Hours.

Friday Afternoon: Advanced Therapy Training: Upper Body and Breath Starting with a look into movement impingement problems in the shoulders and neck — how to assess and work with **shoulder problems** in particular — we'll then expand into working with the **breath**. This will include yogic pranayama techniques and contemporary holistic breath work, including work with vocalization for opening and refining the breath with therapeutic benefits. Explores ways of vocalizing and benefitting mantra for those who are 'allergic' to chanting and the very concept of mantra. 4 hours

Friday Evening: Spanda: Opening the Space of the Hips — An All-Levels Asana Practice An accessible practice with practical insights into overcoming tight hamstrings and hips, understanding, preventing and overcoming types of hip pain, and generally finding inner space, with insights from the Spanda doctrine in asana practice. The session will be a well-rounded practice appropriate to all levels of practitioners with some foundational experience in hatha yoga. 2 hours

Saturday morning: we'll have an **all-levels hatha yoga practice**. The theme will be principles for the health of the sacrum, low back and shoulders in asana. Asanas will include some backbending, and the practice will be fun and refreshing! 3 hours

Saturday afternoon: Exploring the 'Upayas' — Pranayama, Meditation and Life Tantaric philosophy offers an approach to pranayama, meditation and spiritual progress that can closely complement and enhance contemporary life, and draw upon our emotional life to deepen our experience. It is quite popular these days to emphasize how tantra is 'life-affirming.' But how exactly do you **practice** this understanding? We'll be exploring the 'Upayas' of Kashmir Shaivism and how they directly address the 'Malas' at the root of our condition, with emphasis on the specifics of how these Upayas are to be put into practice, with special emphasis on the doctrine of Spanda as a key to meditative awareness. The session will include plenty of guided practice. 2 1/2 hours.

Thursday Teacher Training: The Sacrum: Problems and Solutions	1:00pm – 5:00pm	\$80
Friday Teacher Training: Upper Body and Breath	1:00pm – 5:00pm	\$80
Friday Evening: All Levels Practice: The Hips	6:30pm – 8:30pm	\$35
Saturday Asana: All Levels Yoga Practice—Rooted in the Sacred	9:00am – 11:30pm	\$40
Saturday Pranayama and Meditation: Practice of the Upayas	12:30pm – 3:00pm	\$40

October 15-17

Full Weekend: \$250

Early Registration Price (by October 1st): \$225

Teacher Training Only: \$150

Early Registration Price: \$135

Yoga Workshop Only: \$100

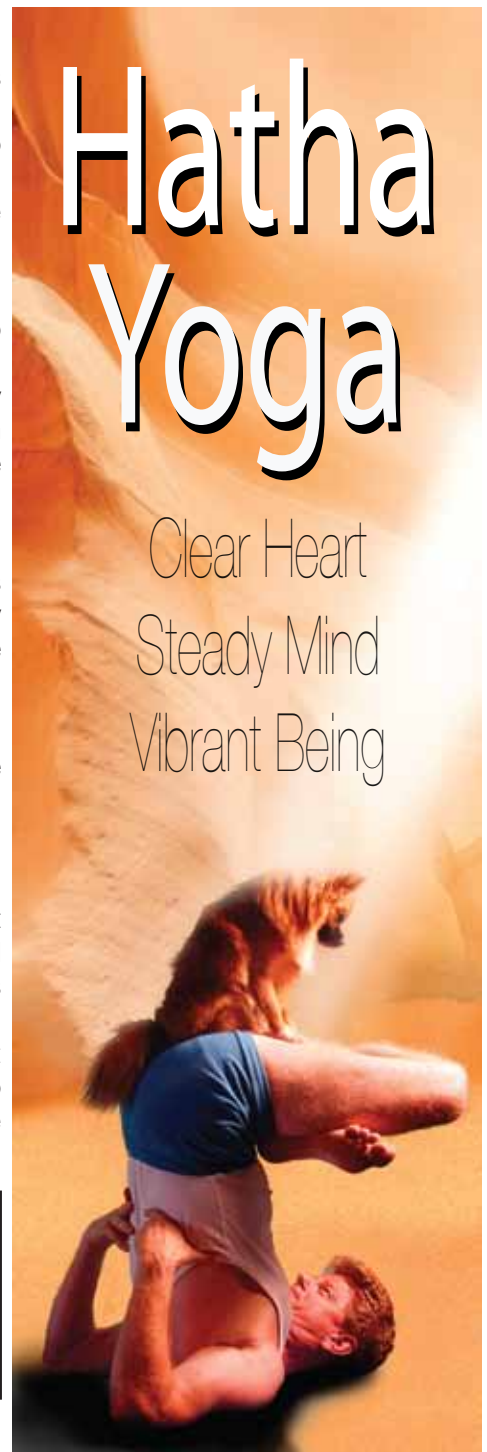
Early Registration Price: \$85

www.TwoDogYoga.com email: info@twodogyoga.com contact: 206-367-9608

Yoga Alliance



Experienced
Registered Yoga Teacher



Hatha Yoga

Clear Heart
Steady Mind
Vibrant Being

Two Dog Yoga Studio

12549 28th Ave NE

Seattle WA 98125

www.twodogyoga.com

Doug is ERYT500 with Yoga Alliance and registered with the International Association of Yoga Therapists

We strongly recommend signing up by Oct. 1!

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

Clear Heart, Steady Mind, Vibrant Being

A 'Yoga As Therapy' Teacher Training and Workshop with Doug Keller

Registration Form for Workshop with Doug Keller October 15-17

- Full Weekend Package \$225 **if paid by October 1st** — \$250 thereafter
- Teacher Training Package (Thursday and Friday) \$135 **if paid by October 1st** — \$150 thereafter
- Yoga Workshop Package (Friday Evening and Saturday) \$85 **if paid by October 1st** — \$100 thereafter

Or select the individual sessions you wish to attend:

- Thursday Teacher Training: Sacrum 1:00pm - 5:00pm — \$80
- Friday Teacher Training: Shoulders & Breath 1:00pm - 5:00pm — \$80
- Friday Evening All Levels Asana: Hips and the Space of 'Spanda' 6:30pm - 8:30pm — \$35
- Saturday Morning All-Levels — Rooted in the Sacred 9:00am - 11:30pm — \$40
- Saturday Afternoon Pranayama & Meditation — the Upayas 12:30pm - 3:00pm — \$40

Name: _____

Telephone _____ Alt. phone: _____

Address: _____

City _____ State _____ Zip Code _____ E-mail _____

4 Day notice for cancellations — refunds or studio credit will be given. 24 hours notice to receive studio credit. No refund for no-shows.

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