

# Swatantrya

# The Yoga of Health and Freedom

with Doug Keller

## A 'Yoga As Therapy' Teacher Training and Hatha Yoga Workshop

The Teacher Training, "Yoga as Therapy," is designed to benefit yoga teachers and experienced practitioners, based on Doug's groundbreaking manual of the same name. The body has its own natural design and intelligence, and we need only bring the body to a place where it can 'remember' and reestablish its own wisdom, even as it continues to face its own structural, genetic or trauma-induced challenges. This perspective upon health and healing is a practical expression of the larger understanding of tantric yoga philosophy. 'Realization' is the profound recognition and progressive unfolding of the divine wisdom at the core of our being. Yoga is the process of this unfolding.

We will be focusing mainly on structural therapeutic issues having to do with muscles and joints, and how to resolve them through simple yoga poses and practices. We will also expand our horizons to look into the therapeutic value of pranayama (breath work) and meditation.

The Teacher Training will be followed by a workshop on Friday and Saturday covering all aspects of a full yoga practice: asana, pranayama, mantra and meditation — with plenty of freedom to choose any or all aspects of the practice that most appeal to you! Doug has long been a favorite guest of Two Dog Yoga Studio, and always offers a rich and bountiful experience of yoga. He has dedicated himself to studying this yoga deeply in all of its aspects, incorporating the spiritual wisdom of tantric philosophy into the practice of hatha yoga, producing three highly respected books on therapy, pranayama, and philosophy. He writes a regular column for 'Yoga Plus' magazine (formerly Yoga International) and travels both nationally and internationally.

**Thursday TT:** Postural Types and Imbalances Analysis/ **Lower Body** Problems

1:00pm – 5:00pm \$80

**Friday TT:** **Upper Body**, Breath and Being: Issues of the Spine, Neck and Shoulders

1:00pm – 5:00pm \$80

Friday Asana: All Levels Yoga Practice

6:30pm – 8:30pm \$30

Saturday Asana: All Levels Yoga Practice with Backbending

9:00am – 11:30am \$40

Saturday Pranayama and Meditation: The Inner Vibration of Breath and Meditation

1:00pm – 3:30pm \$40

**Two Dog Yoga Studio**

12549 28th Ave NE

Seattle WA 98125

[www.twodogyoga.com](http://www.twodogyoga.com)

# May 10-12 2007

[www.TwoDogYoga.com](http://www.TwoDogYoga.com) email: [info@twodogyoga.com](mailto:info@twodogyoga.com) contact: 206-367-9608

**Full Weekend: \$240**  
**Teacher Training Only: \$150**  
**Yoga Workshop Only: \$100**

Registration Details and Detailed Descriptions of Individual Sessions are on the Back of this Flier

# Swatantrya: The Yoga of Health and Freedom

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

### Thursday Afternoon 1-5pm: 'Yoga as Therapy:' Postural Types and Imbalances Analysis / Lower Body Problems

The **Teacher Training** will begin with an overview of the principles for evaluating postural types and problems, and the framework of the five basic sets of 'sutras' for understanding them and the typical problems that they cause. We will focus in particular on typical therapeutic problems having to do with the **lower body**: low back problems, sacral and hip problems, knees, ankles and feet, and further explore the close relationship between these problems and postural types and habits of movement. We will then work through series of yoga postures and stretches to see how they address these imbalances.

### Friday Afternoon 1pm-5pm: 'Yoga as Therapy:' Upper Body Therapeutics - Upper Back, Shoulders, Neck, and Breath

In this **second half of the Teacher Training**, we will focus on typical therapeutic problems having to do with the **upper body**: upper back, neck, shoulder, elbow and wrist problems, extending also to problems of scoliosis. We will work with stretches for the relevant 'sutras,' and will also branch out into the therapeutic value of specific practices of pranayama. We'll look at the proper functioning of the diaphragm, the harmful effects of typical breathing disorders, and how to identify and resolve them through practices of relaxation and pranayama.

### Friday Evening 6:30pm-8:30pm: All Levels Yoga Practice

An excellent experience for students new to yoga workshops. We'll do an enjoyable asana practice followed by simple and relaxing breathing practices and an introduction to meditation, using breath, mantra and relaxation techniques. The goal is to establish a firm and memorable foundation for a well-rounded yoga practice that takes you deeper every time that you make the time for it!

### Saturday Morning 9:00am-11:30am: All Levels Yoga Practice with Backbending

An all-levels asana practice that focuses on fundamentals of core strength in asana, while giving deeper insight into the subtler energetics of asana that draw body and breath into harmony. We'll be focusing on finding the abiding stillness at the center of movement, the practice of asana, and the dynamic flow of energy that keeps us centered as we become still, the culmination of asana. Asanas will include fundamental standing poses and backbending.

### Saturday Afternoon 1:00pm-3:30pm: Pranayama and Meditation: The Inner Vibration

A deep practice of pranayama and meditation that explores the inner vibration of mantra. Mantra is not just a word; it is the subtle vibration of awareness behind word and breath that takes you deeper and deeper into its source in the heart of all being. We'll be making the journey through the four levels of this experience, a journey that is the true fulfillment of yoga.

If you plan on attending the therapeutics training and wish to have a **specific structural therapeutic issue** addressed, please let Doug know in advance via email at [DoYoga@aol.com](mailto:DoYoga@aol.com), and he will do his best to incorporate it into the discussion.

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## Registration Form for Workshop with Doug Keller

- Full Weekend Package \$230 if paid by April 26 — \$240 thereafter**
- Teacher Training Package (Thursday and Friday) \$140 if paid by April 26 — \$150 thereafter**
- Yoga Workshop Package (Friday Evening and Saturday) \$90 if paid by April 26 — \$100 thereafter**

Or select the individual sessions you wish to attend:

- Thursday Teacher Training:** 1:00pm - 5:00pm — \$80
- Friday Teacher Training:** 1:00pm - 5:00pm — \$80
- Friday Evening Asana:** 6:30pm - 8:30pm — \$30
- Saturday Morning Asana:** 9:00am - 11:30am — \$40
- Saturday Afternoon Pranayama:** 1:00pm - 3:30pm — \$40

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Alt. phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ 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](http://www.TwoDogYoga.com) contact: Annie 206-367-9608 email: [info@twodogyoga.com](mailto:info@twodogyoga.com)