



Workshop with

Gabriel Halpern



Gabriel Halpern is a certified instructor trained at the Iyengar Yoga Institute in San Francisco and Pune, India. Gabriel has studied with a wide array of teachers and spiritual masters, but is mostly influenced by his long term studies with B.K.S. Iyengar. He has practiced yoga for 40 years and teaches workshops nationally.

Yoga Unleashed

This weekend awaken the power that is dormant within you. Gabriel has chosen four categories of postures to bring stability, clarity, tranquility, and vitality to your practice. Every session will have explanation, demonstration, instruction, and correction of each pose as well as dharma discourses to illuminate the yogic philosophy in its classical form as well as in its contemporary embodiments.

Entire Weekend Price: \$195

Back Care Therapeutic Class

Friday, February 17, 3:00 - 5:00 pm. \$35

Back pain sufferers take heart! Come and find relief and discover new options for your home practice. Whether you have general backache, stiffness, or soreness in your upper spine, scoliosis, SI joint dysfunction, or sciatica, this workshop will teach you how to relax.

Back Bends: Vitality

Saturday, February 18, 1:00 - 4:00 pm \$45

Just as medicine in the right dosage heals and in the wrong amount harms, so can backbends be a boon or a poison. The key to safe effective backbends is a stage appropriate methodology. Back bends require deep frontal extension and today's workshop will teach poses that help build up the flexibility and strength of the anterior body. Once the quadriceps, abdominals and pectorals have been opened up, back bends proceed more smoothly. Yoga is extremely innovative in creating individual modifications to help each student get the most out of these stimulating and empowering asanas.

Restorative Poses: Tranquility

Saturday, February 18, 5:30 - 8:30 pm \$45

Yoga is the best antidote for being burnt, being out-of-sync with your own life rhythm, or fluctuating back and forth between being anxious or depressed. Yoga restorative techniques are simple, safe, and effective. Today's class will cover a sequence of poses that will relax and renew. If you want to leave with peace of mind, come to this class.

Early Bird Pranayama

Sunday, February 19, 8:00 - 9:00 am \$15

With this series, Gabriel will focus on Ujayi, Viloma, Anuloma, and other breath techniques that will be demonstrated, instructed, observed and refined. To prepare for breath work, begin each class with a restorative—not necessarily easy!—sequence. Intelligent poses will unfold from supine to seated pranayamas.

Standing Poses: Stability

Sunday, February 19, 9:00 - 12:00 pm \$45

Yoga not only wants you to stand on your head correctly, but also on your feet. Standing poses ground your anatomy and give a solid base to connect to the earth. In order to do them well, the pelvis and the lower torso (legs and feet) have to be flexible, aligned and properly coordinated. Problems areas that are common to these poses will be gone over in detail and suggestions and modifications for each student will be given.

Inverted Poses: Clarity

Sunday, February 19, 1:00 - 3:45 pm \$40

Yoga not only wants you to stand on your feet correctly but also to be able to stand on your head as well. Inverted poses bring clarity and lightness to the body and the mind. In order to do them well, the corners of the body (shoulders and hips) have to be open, strong and integrated into the rest of the body. Special attention will be given to head balance and shoulder stand with progressive steps provided for both beginners, continuing, and advanced students.