



## Workshop Descriptions

\* *These workshops are 3 – 4 hours long*

### ***Understanding How to Read Bodies***

This is an asana oriented clinic for teachers and practitioners who want to increase their knowledge of asana by understanding correct alignment and how to use props to support postures and prevent injury. This workshop is specifically designed for yogis looking to understand and refine postures and for yoga teachers looking to improve their knowledge on how to read bodies and make adjustments that meet student's individual needs. We will learn how to increase longevity in your practice by studying the anatomy in poses and learn how to stack the bones so muscles can work in an optimal way. This workshop will help to improve your confidence as a teacher by refining your instruction, the use of props, and learning to adjust to your individual needs and others.

We will slowly climb up each platform of the body and refine each section to create stability and support in vulnerable places like the knees, lower back, and neck. Joan will open with a brief discussion of the anatomy of the bones and muscles that support each section before moving into a workshop style practice using wall space and props to help to align the bones and teach how to engage deeper muscles needed to support the joints. Joan will look at different bodies and point out areas that are dull (tamasic) or overworked (ragasic) and teach how to find balance (sattvic) in these areas. Gain an understanding on how to work with props and wall space to align from the inside out and light up the postures helping your practice to feel buoyant and leave your body feeling transformed.

***60% Practice***

***40% Lecture***

- *2 Blocks*
- *2 Straps*
- *2 Blankets*

## **Advanced Asana**

*A teacher continuing education workshop*

*3-4 Hours*

*For teachers and practitioners wanting to increase their asana knowledge*

Learn what is included in an advanced practice and how to break down advanced postures to make them more accessible to your students. Practicing advanced postures can teach us to be more disciplined and leave us feeling stronger and more alert. In this workshop, we will break down the elements that make up an advanced practice and then go deep into our asana practice breaking down poses that seem challenging and unattainable. We will review the sequence and component parts taught so you will leave being able to help your students and yourself advance in the yoga practice!

*75% Practice*

*25% Lecture*

- *Notebook and pen*
- *2 blocks*
- *1 strap*
- *2 blankets*

## **Sequencing to Transform**

This creative training will teach students and teachers the art of sequencing. Sequencing a vinyasa flow class is a skill that when done correctly, can leave students feeling transformed! When your sequence is effective, it supports the anatomical body and can access the vital energy inside, which creates lightness and bliss, that a true yoga practice offers.

Each day begins with a two hour practice, followed by exploring the sequence and understanding the component parts used to support the theme of the class. Component parts help you to support the peak or the theme of the class and help to choose postures that warm up important muscles needed for a particular peak or theme. Counter poses take the body in the opposite direction and are important because they cool down the nervous system and counter the openings found in the practice. When all of this is supported, students leave feeling transformed and want to come back to your class. We will also explore the subtle body and understand how to access it through intelligent sequencing. During the week, you will have access to Joan's zoom classes along with the recordings and the written sequence are sent out after class for you to continue to understand how to create a sequence that is effective and transforms.

*70% Practice*

*30% Lecture*

- *2 Blocks*
- *2 straps*
- *2 blankets*

## **The Yoga of Self Care - Restoratives**

The world today can be stressful and for many of us it is a practice to slow down and relax. Because of this, stress accumulates, and our systems begin to break down causing injury, anxiety, and disease. Simple modalities such as restorative yoga, breath awareness, and meditation can help alleviate stress and create a more peaceful balanced environment. Cultivating a restorative practice with certain practices can help you live in the world today with lower stress and more ease. This will be a combination of discussion about what restorative yoga is and the many healing benefits followed by a restorative and meditation practice.

*80% Practice*

*20% Discussion*

- *1 strap*
- *1 block*
- *Bolster*
- *Blankets*

## **Fly Free with Connection to Self: An Arm Balance Workshop**

Learn tips and tricks to open your wings and get your body off the ground. Face this exploration of arm balances with courage, breath, and playfulness. No need to fight your way up, learn a pathway to channel these postures into your practice with enthusiasm and ease. Arm balances teach us to take chances and face our fear of falling. When practiced in a supportive environment they will leave you feeling strong and confident and ready to tackle any challenge!

*90% Practice*

*10% Lecture*

- *2 blocks*
- *Strap*
- *Blankets*

## **Flip your Perspective Upside Down – Inversions for Everyone**

Build your inner strength and confidence to move through obstacles by turning upside down. Flipping your perspective on the mat can flip your perspective on any situation off the mat. Joan guides you on an inversion exploration that is safe, effective and accessible for everyone. This invigoration practice integrates deep core and shoulder girdle work. It also burns away impurities in the body and mind to help you get up and stay up! All levels are welcome.

*90% Practice*

*10% Discussion*

- *1 strap*
- *2 block*
- *2 blankets*
- *1 bolster*

## **From Resistance to Surrender: Finding your Comfortable Seat with your Hips**

*Padmasana* is a deep hip opener that creates space and ease, to move towards the subtler part of your practice--pranayama and meditation. This posture requires deep hip flexibility and if the hips are not ready, the knees are most likely at risk.

In this workshop, you will learn the foundations of externally rotated standing postures that open the hips and strengthen the legs. We'll follow this up with a deep hip opening that will shift you from resistance to surrender, helping you find a deep release in your physical body and soul. This workshop will give you an opportunity to release all that does not serve you and find your seat in *padmasana* - the lotus flower symbolizing the transformational process of darkness into the light. We will end with a pranayama practice exploring the more subtler sides of yoga. All levels welcome.

*90% Practice*

*10% Lecture*

- *1 strap*
- *2 blocks*
- *1 bolster*
- *1 blanket*

## **Unlocking Your Heart with Back Bending**

Feel the heart, the gratitude, and enjoyment that back bends offer. Explore the techniques to help different body types access these heart opening poses and fun variations to help you breathe with ease and experience contentment in these deep poses. Learn the foundation of a solid backbend practice through understanding the shoulder girdle alignment, stabilizing the pelvis, and breathing techniques. We will explore inversions and fun variations of backbends in a safe and grounded way making them accessible to all!

*90% Practice*

*10% Lecture*

- *2 blocks*
- *1 strap*
- *2 Blankets*
- *1 Bolster*

## **Healing Your Lower Back Through Yoga**

Learn how to heal your low back through yoga postures that build strength in your legs and core to support your sacrum. The sacrum is the key to stability in the lower back. It is the fulcrum point in our bodies from which all movement happens. If the surrounding muscles are not stable, the ligaments and joints in the lower back will be stressed. In this workshop, you will learn about the muscles and bones surrounding the low back area and evaluate the standing poses and core exercises needed to build strength here. Hip openers and breath awareness adds to the healing by pacifying the low back so your students leave feeling free of low back pain and gain the tools to help them stay there!

*75% Practice*

*25% Lecture*

- *2 blocks*
- *2 straps*
- *1 Bolster*

## **Twist and Cleanse with Pranayama**

Twisting is not only a great way to cleanse the body, but when done on a deeper level, it becomes a mental and spiritual cleanse. We will stabilize our core muscles first before we move into twists ringing out toxicity in our bodies and mind. The result of this type of practice is a calmer, more stable energy that creates a space for a quieting pranayama practice at the end. This class will be taught as a vinyasa flow class with music ending with quieting pranayama and a long deep relaxation.

*90% Practice*

*10% Lecture*

- *1 block*
- *1 strap*
- *1 bolster*
- *1 blanket*

## **Traveling from the Outside In**

Join Joan in her signature flow class traveling from the outside in. This class will move from your outer edges into your inner body and discover the more subtle parts of your practice. We will use alignment as a point of focus to build steadiness. Music lends itself to softening your edges and help to move through tension. Release all that does not serve you by breathing deeper into resistance as we explore holding postures and sequencing the builds safely and flows.

*100% Asana*

- *1 block*
- *1 Blanket*

## **Understand the Shoulder Girdle Through Asana**

Healthy shoulders make for better inversions and add more longevity to our practice. With the multiple downward dogs and chaturangas of your daily vinyasa practice, your shoulders can be vulnerable to injury over time. Learn how to use props and alignment cues to better understand how to stabilize your shoulders, helping you access other postures and prevent impingement. This workshop will start with a lecture pointing out the bones and muscles that make up the shoulder girdle and teach you how to move safely from your shoulder blades while protecting the vulnerable muscles like your rotator cuffs. We'll then move into a shoulder-focused asana practice, which will include inversions and some backbends. You'll learn ways to work with a strap that will help you understand how to externally rotate your shoulders, creating stability in this joint and reducing injury. See how specific alignment cues can help you access other postures like backbends and inversions safely by looking at bodies and seeing the movement of the shoulder blades. Practice and learn at the same time while creating a sustainable safe yoga practice!

*70% Practice*

*30% Lecture*

- *2 block*
- *1 strap*
- *2 blankets*
- *1 bolster*

## **Self Care with Restoratives**

Take the time for yourself to rejuvenate and reconnect using mindfulness, journaling and restorative yoga. Learn the daily rituals that you can do for 24-hour self-care. Most of us live by our "to do" list and some may say, "I'll sleep when I'm dead."

Remember, we are not a human doing – we are human beings!

When we have a sense of purpose and feel good, it's easier to get out of bed and love your life. How we take care of ourselves is how we are contributing to the world and are of service. We are no good as caretakers unless we take care of ourselves first and develop contentment deep within. You will learn mindfulness tools for physical, emotional, and spiritual well-being. We will end with restorative practice to release any remaining pent up energy and align ourselves within our heart's true intention.

*30% Discussion*

*70% Practice*

*Yoga mat*

- *Block*
- *1 bolster*
- *2 blankets*
- *1 strap*

## Unlocking the Psoas

The psoas muscle is the deepest muscle in our bodies. It's sometimes referred to as the *muscle of our soul*. This core-stabilizing muscle that runs from our trunk to the hipbone affects mobility, structural balance, joint function, flexibility, and much more. In addition to its function to help keep the body upright and moving, it affects two of our most vital systems: digestion and breath. In this workshop, you will learn where your psoas is and how to unlock this deep muscle creating numerous benefits throughout your body. There will be a brief anatomy lesson learning the psychological benefits of releasing this muscle before a deep two- hour practice opening the abdomen region and releasing the lower back and hips. Open to all levels.

*For those of you working with injuries the tools gained in this workshop will help!*

*25% Lecture*

*75% Practice*

- *2 blocks*
- *1 strap*

## Pranayama - the inner layer

Pranayama means what we gather, collect, and direct intelligence to create breath and vitality. Someone who is troubled, restless, or confused has more prana outside his or her body. If the amount of prana is greater outside the body, we feel sick, stuck, restless, and dense. Leading to lack of drive, motivation, or even depression. A peaceful, healthy person keeps more prana within the body. When more prana is inside the body we feel more vitality, lightness, and positive energy.

As yogis we learn to manage our prana and be more efficient with our energy.

There will be a discussion on what pranayama is and how it can help manage your two most vital forms of energy: the inhale and exhale, the prana and the asana. There will also be a discussion on how the diaphragm works, preparations for the pranayama practice, set ups, and different pranayama techniques.

*80% Asana*

*20% Discussion*

- *1 bolster*
- *1 blanket*
- *1 strap*

## **Getting Grounded, Calm, and Still**

Inversions are an important part of our practice creating profound shifts within our nervous system and brain preparing us for meditation. Headstand and shoulder stand are referred to as the king and queen of all yoga asana and are included in the finishing series of ashtanga yoga. Headstand is referred to as the king of all poses developing masculine qualities of will power, steadiness and clarity of the brain, while shoulder stand develops the feminine qualities of patience and emotional stability. When performed together these opposite effects create a strong sense of balance preparing you to move into the higher limbs of Ashtanga Yoga – Pranayama & Meditation. In this workshop, we will break the important parts down of learning to hold headstand and shoulder stand and protecting the neck by strengthening the shoulder girdle. This will guide us into a quieting practice of pranayama and meditation. All levels welcome!

10% Lecture

90% Practice

- 3 blocks
- 1 strap
- 2 blankets

## **Unlocking Tension in the Neck and Shoulders**

Thanks to the flexibility of our necks, it is common for deep tension to be stored there and in the shoulders. The neck and shoulder area is usually the first part of our bodies to lock up when we are stressed. The goal is to protect our vulnerability. Luckily, there are certain postures that help release tension around the neck and shoulders. When done correctly and with awareness, these postures can unlock deep tension and bring balance to the entire body.

Find out how to use your shoulder girdle in poses to protect your neck and learn poses to untangle tension around this area.

This will be a workshop style practice working with props and learning about the surrounding muscles of the neck and shoulders. All levels welcome!

10% Lecture

90% Practice

- 2 blocks
- 1 strap
- 2 blankets



## **Finding Your Wheels**

Our wheels protect our spine during our yoga practice. There are numerous wheels that run from the pelvic floor up through the neck. These wheels help us access the bandhas igniting our *pranic* body. They also help us find deep stability in our pelvic floor and core muscles, open our thoracic spine and protect our neck - especially in backbends and inversions.

When our wheels are turning, our postural and core muscles are strengthened and help support our back body and spine so we feel grounded and can unlock dormant energy along the spine. Discover the light and buoyant feeling in your practice and learn to work from the inside out.

In this workshop, we will explore the fundamentals of inversions and backbends, the key postures that support the spine and access the pranayama kosha. We'll start with a brief explanation of the wheels and bandhas, then we'll wind down with a pranayama practice. All levels welcome!

*90% Practice*

*10% Lecture*

- *2 blocks*
- *1 strap*
- *2 blankets*

## **Restorative Love**

Restoratives create the rest and relaxation response in our nervous systems which help us find deep healing. Many of us are used to being stressed and on-the-go. Because of this, many of us experience anxiety, sleep disorders, injury, and sickness. Restoratives can help bring the body back to a deep sense of healing where we begin to repair our nervous system. From here, we can induce a natural state of energy where the system can repair. The results are improved sleep, inspiration, health, digestion and increased vitality. All levels welcome!

*80% Practice*

*20% Lecture*

- *2 blocks*
- *1 strap*
- *1 bolster*
- *2 blankets*

## **Leg Work: Inner & Outer Spiral**

The Inner and outer thighs are a gateway to our pelvic floor and deep core stability. We'll discuss how to use our legs and our feet to gain the awareness of activating the pelvic floor muscles. These are deep and intricate muscles that help us resist gravity and can leave us feeling light and buoyant. We will break down standing postures that activate our pelvic floor muscles and play with balancing postures to deepen our awareness of our center. We'll conclude our practice with an entrance into lotus and a seated meditation.

*90% Practice*

*10% Lecture*

- *1 block*
- *1 strap*
- *1 blanket*

## **Opening our Side Body**

Side bending postures in our asana practice can be extremely effective and open up the diaphragm, hips and shoulders. By lengthening the rib cage, side bending can increase our energy level and allow us to feel invigorated and light. Our practice will include exploring lateral bending postures and end with pranayama to draw us inward, and help to explore our light within!

*90% Practice*

*10% Lecture*

- *2 blocks*
- *1 strap*
- *2 blankets*

## **Engage and Stabilize From your Center**

Our core muscles are deep stabilizers that help us move through space with a sense of center and ease. They are deep muscles and buried beneath the surface and are recruited through our breath. Pranayama, inversions, and twists are great postures that help to access these deep muscles. We will begin the workshop with a discussion on what the core muscles are and how to engage them during yoga. We will then move into a practice that will include alignment cues and longer holds to create stability in your center. After this intense practice we will end with pranayama and deep relaxation. When these muscles are accessed in your practice, a heighten and buoyant feel can be created. Explore your center and gain the profound effects from this type of practice!

*90% Asana*

*10% Lecture*

- *2 blocks*
- *1 strap*
- *2 blankets*

## **Balancing our Pelvis and accessing Mula Bandha**

Our pelvis is the fulcrum point of our body and connects our torso to our legs. The base of our pelvis contains intricate muscles that are called the pelvic floor and in yoga we call this Mula Bandha. Out of the three main bandhas, Mula Bandha can be the most elusive to find and is known as our root lock. We connect to it by using our legs and understanding how to center our pelvis when in the postures. Alignment helps us to breathe easier and more efficiently helping us to move with more ease and lightness. Understanding the key muscles that support our pelvis and legs can help us feel centered and grounded in our bodies. This workshop will begin with a brief discussion on the anatomy of the pelvis and our deep core muscles, which can help us create a firm container. A stable container can help us to create a balanced relationship with our breath, and when we breathe correctly and slowly, this is how we can tap into the mystery of the bandhas. A therapeutic practice focused on the lower half of our body will follow along with pranayama helping us to connect to these subtle energies.

*75% Practice*

*25% Lecture*

- *2 blocks*
- *1 strap*
- *2 blankets*

## **The neck and shoulders, a gateway towards jalandhara bandha.**

The shoulder girdle protects our neck and when our head is balanced on top of our trunk, we can find lightness and ease in the way we move our bodies. However, for most of us, the neck can be a place of vulnerability and tension. Understanding the shoulder girdle in yoga practice is an essential tool for protecting the neck, Jalandhara bandha is known as the throat lock and out of the three main bandhas, this is the most physical and is found in certain postures like shoulderstand (sarvangasana) and bridge pose (setu bandha sarvangasana). When these

postures are done correctly, they can help release deep tension stored in this region and prepare us for pranayama. The throat lock can control and harness the flow of prana or energy through our body and create a firm container. We will begin this workshop with a discussion on the anatomy of the neck and shoulders followed by a therapeutic practice and ending with pranayama. When the energy in this region is balanced, we can cultivate a healthy fifth chakra which can lead to authentic expression rooted in truth.

*25% Lecture*

*75% Practice*

- *2 blocks*
- *1 strap*
- *2 blankets*

### **The Spine: Understanding the curves of the spine and the journey through the Sushumna**

Anatomically our spine is the foundation and the midline of our bodies. Energetically this is where our main *nadi*, called the Sushumna, runs through. This main nadi is where our chakras align and when we can find deep alignment here, our highest potential can be expressed. The practice of yoga is a journey from the outside in, we will start with our physical body, understanding the anatomy of our spine and how the surrounding muscles can support us as we move through space. We will explore pranayama and learn to access our deep midline to allow the flow of prana to move through us and elevate our being. All levels are welcome. This will be a mix of asana practice and pranayama.

*25% Lecture*

*75% Practice*

- *2 blocks*
- *1 strap*
- *2 blankets*

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### **\*ASHTANGA ASANA WORKSHOPS\***

#### **Yogis take flight**

Embody the lifting up components of our ashtanga practice by exploring the bandhas, pick ups and jump backs, leading into handstands! You will begin by investigating each part of the Sun Salutations, the basis of ashtanga yoga, and exploring how to link the ujjayi breath and bandhas.

We will then take flight and learn different ways of entering and exiting handstands helping our practice feel more alive and exhilarating! There will be brief discussion about the koshas and the purifying effects of ashtanga yoga. All levels are welcome!

*85% Practice*

*15% Lecture*

- *2 blocks*
- *2 blankets*

### **Intro to Ashtanga Basics**

Joan carefully introduces to you the fundamentals of the Ashtanga yoga system in a slow, safe, and supportive way. You will learn sun salutations along with the basic standing postures, breathing techniques, and philosophy of the Ashtanga Yoga System. Open to all levels, it is a great way to understand how to begin a mysore practice and not feel overwhelmed. Joan Hyman has been practicing ashtanga yoga for 12 years and believes this fiery & intense practice is the key for unraveling your true self. Everyone can practice ashtanga yoga and receive the transformational benefits.

10% Lecture

90% Practice

### **Back Bending and Inversions**

Discover the freedom of back bending, unlock the secrets to these deep poses, and finish your practice feeling grounded and exhilarated. This will be an intense practice learning the backbends of the 2nd series and exploring the world of dropping back. This practice is for intermediate to advance students and inversions will be included. Part asana and part lecture, we will break postures down and observe each other to gain a deeper understanding of these transformational poses in a safe and playful way.

*100% Asana*

- *2 blocks*
- *1 strap*

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