

Safe Yoga Workshop

*Living your Yoga on & off
the Mat*

with
*Lynn
Medow*

YOGALIFE
Norman, Oklahoma



June 24-26, 2011



The Foundation: Friday 6:30pm to 8:30pm

Strong, supple, aligned feet make for a solid foundation for the rest of the body. We will explore these amazing masterpieces that support us while experiencing how misaligned feet manifest in imbalance. Feeling securely connected to the earth through your feet supports your feelings of being grounded and secure in your life.

Flexibility: Saturday 9:30am to 12:30pm

Knees that track properly, hips that are squared and a low back that is free of discomfort enables one to travel with ease through life. A study of the knee joint and the most optimal alignment for your body affords the hips and low back the freedom to line up and go with the flow. Habit patterns which can damage the knees, hips and low back will be identified, and simple suggestions for shifting and re-aligning will be offered.

Stability: Saturday 2:30pm - 4:30pm

Rounded shoulders accompanied by a head thrust causes tension in the upper back and neck and can be felt all the way to the fingertips. When the heart is open, the chest lifted and the head set squarely atop the neck, one is stable, secure and free. Moving forward in life can occur with no self-imposed roadblocks, and opportunities can be taken advantage of whenever they present themselves.

Integration: Sunday 9:30 to 12:30pm

This flow class is designed to integrate and assimilate the teachings offered in the first three sessions. The practice truly begins when one steps off the mat and into life. Applying safe posture and alignment to living the philosophical and spiritual precepts of yoga allows opportunity for a more tranquil journey. This session will strive to offer tips and tricks for doing just so.

Sign up for individual sessions for \$40 or the full weekend package for \$150.



Michigan's own Safe Yoga Guru Lynn Medow will be bringing her teaching to the OKC area in June. Lynn, an ERYT500, is a life-long athlete and dancer who came to yoga with the thought of healing damage experienced through those activities. The first time she stepped on the mat, she felt like she had come home. When she hurt her back so badly in a yoga class that she found walking painful, she committed herself to the study of correct posture and alignment. A compassionate and intuitive teacher, she empowers every student to find their optimal alignment both on & off the yoga mat. For more information on Lynn's teaching and DVD visit her website at www.yogabydesign.us.

Enroll on-line at normanyoga.com or call 405-426-5990