

The Yogic Fountain of Youth

October 21-23, 2011

Hosted by TOTAL BODY YOGA

210 Terrace Drive
Mundelein, IL 60060

To register:

Call 847-266-9642

Or email info@totalbodyyoga.com

Can yoga keep you youthful? How can this ancient practice keep a youthful glow in our minds, bodies, and spirits? Through this workshop you will learn how to use your yoga practice to stay healthy, keep fluid in your joints and mind, defy the effects of gravity, and reduce the stresses of life on your body and spirit.

Part 1 - Fruitful Fluidity
Friday, October 21
6:30 pm-9:00 pm

Keeping the fluidity in our joints is paramount to a healthy, pain free body. Losing touch with this fluidity is common as we age and we often don't realize it until we are in pain. Through the practice of slow, flowing movements we become more in tune with our bodies, keep our joints moving smoothly, and retain flexibility.

Part 2 - Stay Healthy
Saturday, October 22
12:30 pm-3:00 pm

The immune system is a complex system that we rely on to stay healthy. It partners with other systems: lymphatic, endocrine, circulatory, and digestive to keep us healthy. In this workshop we will explore postures to stimulate the various body systems to fight infection and impact our overall longevity.

Part 3 - Defying Gravity
Saturday, October 22
4:00 pm-6:30 pm

As we age, gravity takes its toll. Yogis use the practice of inversions, and restorative yoga to reverse the effects of aging and stress on the body. In this workshop we will explore the energies of the body that flow downward and upward. We will finish our practice with restorative inversions to revitalize the body and mind.

Part 4 - The Goddess Within
Sunday, October 23
2:00 pm-4:30 pm

This workshop is specifically designed for female practitioners or those teachers looking to adjust their teaching for female students to address the cycles of female life. Should we adjust our yoga practice at different times of the month? What yoga postures specifically address female organs? How can we keep our femininity vibrant?



Workshop cost:

Individual sessions \$45 each or

Sessions 1-3 \$120 or

All four sessions \$160

Yoga teachers may use this workshop for YA CEU's

Mary Scudella has been teaching yoga since 2005. She is a student of Tias Little and the Prajna Yoga school based in Santa Fe, NM. The Prajna teaching style utilizes extensive knowledge of anatomy and yogic philosophy to encourage contemplative study and inner wisdom. Mary infuses her teachings with passion and love for this lifelong practice.
www.maryscudella.com