

Workshops Open to all Students

embodied practice, embodied presence

hart lazer

Merging meditation and yoga in a non-traditional way, Hart reveals a path to live without struggle. Through a combination of yoga asana, meditation, discussions and interactive exercises, you will be shown how to truly rest in mind, body, heart. Learn to differentiate between power and force, effort and compliance. Find ways to release specific emotions, reactions and identities; and the ways they are expressed in your practice, your body and your life. Guided by this experienced teacher, discover a deeper intelligence and the natural abilities that allow you to find your own path in life.

Saturdays 9:00 am-12:00pm (included in TT)

12 hours

April 6th 2013

Oct 5th 2013

Dec 7th 2013

June 1 2014

fees:

\$240.00 + tax, for all 4 classes, paid in full by august 15th, 2012

\$290.00 + tax, for all 4 classes, paid in full after august 15th, 2012

\$75.00 + tax, per individual class

***Hips, Groins and Lower Back Therapeutic Approach**

hart lazer

In this workshop we will look at common problems in the hip, groin and lower back regions, and explore yoga therapeutic solutions to work with these particular problems.

schedule: Saturdays 9:00 am-12:00pm (*included in TT)

June 8th, 2013 (3 hrs)

Nov 2nd 2013 (3 hrs)

April 5th 2014 (3 hrs)

fees:

\$180.00 +tax by Feb 8 2013

\$230.00 +tax after Feb 8 2013

\$75.00 +tax per individual class

Improve Your Teaching and Adjusting Skills

hart lazer

[*add description here*](#)

April 4,5,6

17 hours ,full weekend included in the TT

Fees:

\$340 +tax before Jan 13 2013

\$399 +tax after Jan 13 2013