

# A Workshop Weekend with Karen Allgire

April 20 - 22, 2018

at Harmony Yoga of Ann Arbor



KAREN ALLGIRE, MFA, RYT, is an Intermediate Junior III certified Iyengar Yoga instructor. She has made four trips to India to study at the Ramamani Iyengar Memorial Yoga Institute. In 2016, she completed the Yoga for Scoliosis training program with senior Iyengar Yoga teacher Elise Miller. Karen started teaching dance and movement awareness in 1982, and has been teaching yoga since 1998 at her studio Green Tara Yoga & Healing Arts in Cleveland Heights, Ohio.

Karen's teaching and practice has been profoundly influenced by Mary Dunn, and she continues to study regularly with Dean and Rebecca Lerner and other senior Iyengar teachers including Laurie Blakeney and Manousos Manos. Karen specializes in blending anatomy, imagery and philosophy to nurture transformation in our yogic practices and our lives.

## SCHEDULE

Fri. April 20  
6:00pm - 8:30pm

### Vertical Extension and Horizontal Expansion

BKS Iyengar has described extension and expansion as two crucial aspects of asana practice. These concepts correspond to how we move from the head and the heart, and our relationship with ourselves and the world. We will explore these ideas through standing, reclining and inverted poses that expand the body out into space.

Sat. April 21  
10:00am - 12:30pm

### Creating Space Within Compact Forms

How can we experience spaciousness when the shapes are smaller, folding into our selves? This class will explore poses that deeply fold and curve the body, and then investigate how basic postures lead toward more intricate twists, forward extensions and arm balances.

Sat. April 21  
2:30pm - 5:00pm

### Freeing the Hips and Learning to Sit

In order to cultivate breathing practices and meditation, we need to be able to sit - upright and comfortably - for increasing durations of time. This class will begin with a variety of techniques for bringing mobility and stability to the hips. After restorative poses to quiet the nerves, we will explore reclining and seated pranayama.

Sun. April 22  
10:00am - 12:30pm

### The Joy of Backbends

Backbends are known to cultivate stamina, courage and energy. Yet when done with attention to the back body and the breath, the nerves can remain quiet for a refreshing and joyful experience in these challenging postures. Learn a variety of approaches that help make backbends calm and doable.

## COST

**Early Registration** - entire weekend if paid by March 23: \$165

**After March 23** - entire weekend: \$180

**Individual classes:** \$50

## REGISTRATION

Pay online (see Events page) or send form and payment to:  
Harmony Yoga of Ann Arbor, 1955 Pauline Blvd. 100 B, Ann Arbor MI 48103

## REFUNDS

Refunds are available through April 6.

## EXPERIENCE

Open to all who are interested.

## QUESTIONS?

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www.HarmonyYogaAnnArbor.com

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Name \_\_\_\_\_

Address \_\_\_\_\_

Email (please print clearly) \_\_\_\_\_ Phone \_\_\_\_\_

Early registration and payment postmarked by March 23: Entire weekend \$165 \_\_\_\_\_

Entire weekend if paid after March 23: \$180 \_\_\_\_\_

Fri. 6pm \$50 \_\_\_\_\_ Sat. 10am \$50 \_\_\_\_\_ Sat. 2:30pm \$50 \_\_\_\_\_ Sun. 10am \$50 \_\_\_\_\_

Total enclosed \_\_\_\_\_

Checks to: **Harmony Yoga of Ann Arbor**, 1955 Pauline Blvd. Suite 100 B, Ann Arbor MI 48103