

A Workshop Weekend with Karen Allgire

March 8 - 10, 2019

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 Manouso Manos. Karen specializes in blending anatomy, imagery and philosophy to nurture transformation in our yogic practices and our lives.

Friday, March 8 6:00pm - 8:30pm

Knees at Ease in Every Pose

Learn to correctly and fully straighten the knees, and then to comfortably and fully bend the knees. In both knee extension and knee flexion various props and adapted postures may be used to create space and reduce strain while the knees are retrained for optimal alignment, stability and mobility.

Saturday, March 9 10:00am - 12:30pm

Moving into Small Forms

Experience space and freedom within small shapes. This class will explore poses that deeply fold and curve the body, using basic postures to lead toward more intricate twists, forward extensions and arm balances.

Saturday, March 9 2:30pm - 5:00pm

The Journey Inward

The path of yoga guides us to turn inward to experience freedom in the body, fullness in the breath, and quietude in the mind. This class will explore the theme of sense withdrawal (*Pratyahara*) through forward extensions, restorative asanas, and pranayama.

Sunday, March 9 10:00am - 12:30pm

Supported Backbends

Support can make backbends more doable while also providing a teaching tool to create correct alignment and action. Enjoy a vigorous but approachable back arching class using the support of belts, bolsters, chairs, ropes, and the wall.

COST

Early Registration - entire weekend if paid by February 15: \$165

After February 15 - 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 February 22.

EXPERIENCE

Open to all who are interested.

QUESTIONS?

karen@HarmonyYogaAnnArbor.com 743-222-9088
www.HarmonyYogaAnnArbor.com

Name _____

Address _____

Email (please print clearly) _____ Phone _____

Early registration and payment postmarked by February 15: Entire weekend \$165 ____

Entire weekend if paid after February 15: \$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