



Shantiland

Jonas Westring Anusara Yoga Workshop June 30 to July 2, 2011 at Shantiland, Sweden

About Anusara Yoga

Anusara Yoga®, founded by John Friend in 1997, is a profound, therapeutic and elegant Hatha Yoga system that blends the ancient art of yoga with the science of biomechanics. One of the most popular and fastest growing yoga systems in the world today, Anusara features Universal Principles of Alignment™, a Tantric philosophy, and a celebration of the full potential of life as a whole. Welcoming students of all levels, it emphasizes alignment not only of the body, but offers guidance in how to bring yoga beyond the mat. Through Anusara's life affirming approach, effective biomechanical alignment principles, and dedication to community – students enjoy a new level of inspiration and confidence in yoga.

About Jonas Westring

Jonas Westring, originally Swedish with many years in the USA and Asia, began his yoga journey in 1981 at the Scandinavian Yoga School and hasn't stopped since. He is founder of Shantaya Yoga & Bodywork School, certified Anusara® yoga instructor, licensed physiotherapist, E-RYT 500 and has three decades experience in a multitude of yoga styles, therapies and healing modalities. With an extensive background in traditions from both East and West, combined with a lifelong personal inquiry and quest for the unknown, Jonas joyfully transmits the essence of yoga with insight, clarity, and joy. Continually he shares his passions around the world with a full international teaching schedule. www.shantaya.org

Workshop schedule

Thursday June 30, 18:30 – 21:00
Session 1 - Anusara Yoga:
Universal Principles of Alignment

Friday July 1, 10:00 - 13:00
Session 2 - Expanding the Vision:
Sequential Backbends
Session 3 - 15:00 – 17:00
Calming the system: Twists &
Forward Bends

Saturday July 2, 10:00 – 13:00
Session 4 - Playing the Edge: Arm
Balancings
Session 5 - 15:00 – 17:00
Therapeutic Touch: Thai Yoga
Bodywork

Cost per session: SEK 500
Cost for entire workshop: SEK 2000
(incl. food and accomodation)

Preregistration required: jenandcj@gmail.com
For more information contact Jenny Westring at
jenandcj@gmail.com or call +46 (0) 766 36 76 16





Workshop details

Session 1 - Anusara Yoga: Universal Principles of Alignment

This opening session clearly demonstrates the main principles that lay the foundation for Anusara yoga and cover a full-spectrum asana practice. We will explore a variety of yoga postures from all categories of poses, tapping into the universal pulse known as Spanda, which is found by balancing Muscular Energy and Organic Energy in our practice.

Session 2 - Expanding the Vision: Sequential Backbends

An energetic asana practice filled with a potpourri of backbends to open you where you need it the most. Through effective sequencing and the intelligence of the Universal Principles of Alignment you will enjoy safe backbends that are highly therapeutic and feel really good. The heart-opening quality of this category of poses gives freedom to body, mind, and beyond.

Session 3 - Calming the System: Twists & Forward Bends

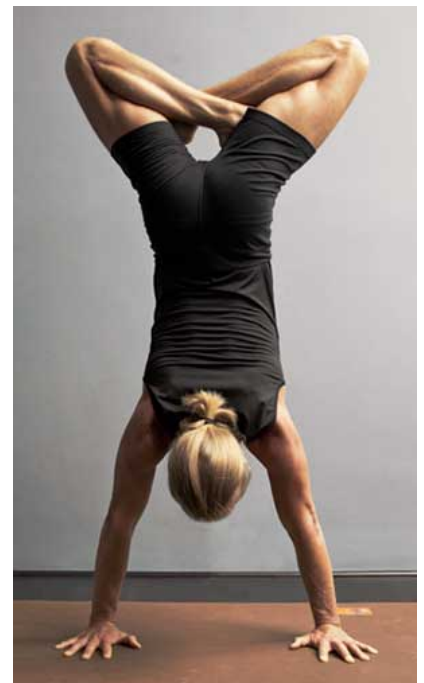
Dedicated to soothing the nervous system, calming the body and relaxing the mind – this session acts as the counter pose the morning of energetic backbends. It consists of an exotic blend of spinal twisting, forward bends, and hip-openers that will release the energy downwards towards the earth to facilitate rooting and grounding.

Session 4 - Playing the Edge: Arm Balancings

A full-spectrum Anusara yoga practice aimed to empower the body and build confidence through an emphasis on arm balances and inversions. We'll learn the essential preparations that enable us to tap into our power and from that place we'll play the edge. Cultivating core strength and awareness of the mid-line will connect us into our depths.

Session 5 - Therapeutic Touch: Thai Yoga Bodywork

Jonas Westring has pioneered the spreading of the Thai healing tradition in the USA. Thai Yoga Bodywork is based on the ancient massage tradition from Thailand, that when informed by biomechanics and a yoga component act like applied Yoga Therapy. It enhances energy flow; improves flexibility; releases excessive muscle tone; relaxes the mind; and induce an overall relaxation and balance of the entire nervous system.



For more information about Jonas, see www.shantaya.org

For more information about Anusara Yoga, see www.anusara.com