



Charles MacInerney

SEMINAR

July 12th - 17th

Charles MacInerney, E-RYT-500, has practiced yoga since 1971. He has taught 20,000 students. He has been quoted in the Wall Street Journal, Chicago Tribune, and featured in Yoga Journal articles and has been featured as an Expert in their Wellbeing column. He leads retreats in Texas, Guatemala, Costa Rica and Mexico. Clients include: IBM; 3M; Apple; UT; National and International Yoga Conferences. He is co-founder of the Living Yoga Program, one of the most successful Teacher Training Programs in the Southwest with graduates now teaching in 42 states and 13 countries, and co-founder of the Texas Yoga Retreat and the Free Day of Yoga.

For More Information on the seminar contact - Amy Sanford - lotus3yoga@gmail.com
www.morninggloryyoga.com

MORNING GLORY



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One workshop \$55
Any Two workshops \$100
Any Three workshops \$140
All Four workshops \$175

Early registration (prior to June 22nd) 10% discount.

207 E. Main • Nacogdoches, Texas 75965 • Phone: (936) 715-9909

Seminar Schedule

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Friday Evening, July 12, 6-8:30pm **Yoga For a Healthy Back**

Charles has practiced Yoga Therapy for over 20 years. In that time he has learned how to adapt classic yoga poses to help prevent and/or alleviate back problems. Learn not only which asanas and modifications will help lead you to a healthier back, but more importantly, how to practice these asanas to maximize potential benefits, safely increasing range of motion, strength, control and awareness of the back. General principles of yoga therapy addressed in this workshop can be applied to any asana or any type of injury. This workshop is suitable for all levels of students, and for yoga teachers wanting to learn how to work with injured students.

Saturday, July 13, 2013, 9am-12pm **Opening Hips and Shoulders**

Hips and shoulders are notorious for creating problems for yoga students. Learn a variety of stretches to help you liberate your true potential. This class will focus on opening hips and shoulders using stretching strategies including PNF, Active/Isolated and Passive Stretching, while maintaining the integrity of the torso and protecting the knees and other extremities. We will also explore the use of sand bags, rollers, walls, chairs and other props to accelerate success. We will address how to work with injured or traumatized joints and muscles to ensure safe and sustainable progress. Finally, we will address the problem of tight hips and shoulders at its source... the Sensory/Motor cortex of the brain and practice techniques to help re-map range of motion in the brain resulting in immediate and lasting increases in effortless range of motion for both the hips and shoulders.

Saturday, July 13, 2013, 1:30-4:30pm **Effort & Grace in Asana: (Asana Class)**

Take your asana practice to the next level when you learn to find the balance point between effort and grace in each pose. Tapas and Santosa are the two Niyamas (observances) that this workshop explores. Tapas translates as 'burning effort under all circumstances to achieve your goal' while Santosa translates as contentment. Although these two practices appear to be contradictory, they are both necessary to master and bring into balance to master asanas, or for a meaningful life. When you learn to balance effort and grace you will gain a deeper understanding and appreciation of each pose, in addition to being able to hold the poses longer with little or no strain.

Sunday, July 14, 2013, 1:00-4:00pm **Practicing Non-Attachment in Asana and Life**

In this workshop we see how integrating a little yoga philosophy into an asana practice can improve our practice not only spiritually, but also at a physical level too. Yoga is built on the foundation of the five Yamas or moral precepts. The secret to three of these practices, Asteya (non-stealing), Brahmacharya (chastity), and Aparigraha (non-hoarding), is the idea of non-attachment. We will first discuss these principles in theory and then express them through a physical yoga practice. In closing we will see how we can apply non-attachment to improve other areas of our lives.