

# Charles MacInerney



## SEMINAR

July 11-13, 2014

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 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, visit [www.yogateacher.com](http://www.yogateacher.com)

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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.**

To register or for more info contact Amy at  
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# Seminar Schedule

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Any Two workshops \$100  
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All Four workshops \$175  
Early registration (prior to June 22nd) 10% discount.

**Friday, July 11, 6 - 8:30pm**

## **Yoga and the Science of Willpower**

Will is at the heart of what it is to be human. When ignored, willpower diminishes. Now modern science is discovering what Yoga has known all along... that willpower can be strengthened and controlled. Just 20 minutes of pranayama improves will power in clinical trials, and in as little as 11 hours of meditation over a few weeks led to measurable changes in brain structure leading to a variety of positive outcomes including improvements in will power. This workshop uses these recent breakthroughs from the science of willpower to help explain how Yoga works, and to compliment and strengthen traditional yoga approaches to strengthening willpower.

**Saturday, July 12, 9am - 12pm**

## **Core Power in Asana**

Very few students in Yoga understand and appreciate the power of their core. In this workshop we will develop greater awareness, control and strength in our core. Then we will use a variety of core techniques, including zipping, cinching, and mula bandha, to transform our asana practice. We will learn how to initiate movement from our core, which helps prevent joint damage like bursitis and tendonitis. We will experience how proper use of the core stabilizes our standing poses, protects our lower back in back bends, and energizes our downward facing dogs. We will also explore subtle core engagement as a meditative technique to help shift our center from the head to the abdomen, anchoring our consciousness in our creative center.

**Saturday, July 12, 1:30 - 4:30pm**

## **Meditation and the 7 Chakras**

The 7 Chakras provide a profound model of human consciousness that dates back between three to five thousand years. By understanding this system we gain insights into our own consciousness and behavior and that of our friends and colleagues. But more importantly, the Chakra model provides a road map for our spiritual growth and evolution. This workshop will provide a solid overview of the psychological underpinnings of the chakras, show how modern psychology and medicine is built upon this ancient foundational model, and teach you meditation and pranayama techniques to help you begin to experience and control your creative energy as it moves through the subtle channels of your body, and works its way up through the 7 chakras.

**Sunday, July 13, 1:30 - 4pm**

## **Denying the Status Quo in Yoga**

In our yoga practice, all too often, we mentally tune out. We are content with the pose as it is, and so we quit looking for improvement and our mind wanders. It often proves difficult to stay completely focused in the present moment while practicing yoga. When our practice slips into auto-pilot, we no longer receive the full benefits of our practice, physically, emotionally, mentally, or spiritually. We are likely over time to lose interest in our practice or worse yet injure ourselves. Denying the Status Quo is a simple technique to stay more fully engaged in your practice and results in greater progress and satisfaction. Rather than accepting an asana as it is, we deny our selves that luxury and force the question, if I had to change, would I go deeper or back off? In order to answer this question and act on it, we are forced to pay attention to our practice.