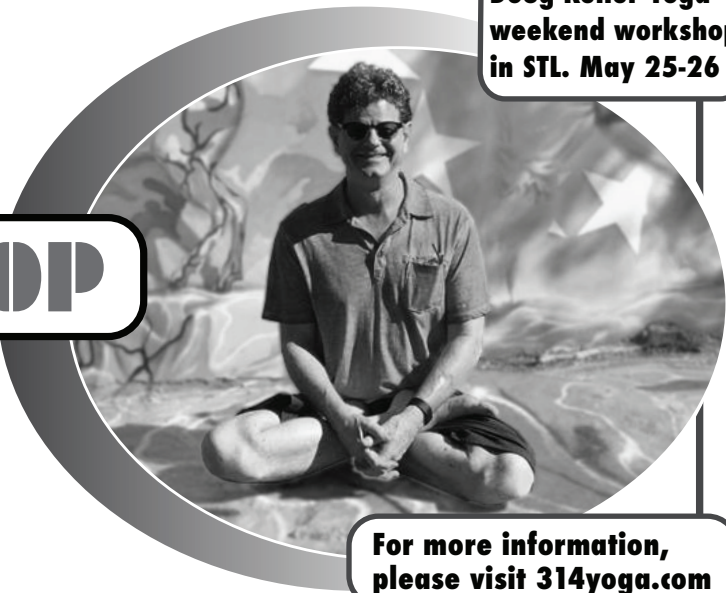


"Yoga is about our relationship to our body and mind."

314Yoga welcomes to St Louis
Author. Yoga Therapist. Yoga Teacher.

Doug Keller

**Doug Keller Yoga
weekend workshop
in STL. May 25-26**



YOGA WORKSHOP

**Plus Teachers' Session
Friday and Saturday
May 25-26, 2018**

**Doug's workshop is suitable for all levels,
beginners to seasoned yoga instructors**

**For more information,
please visit 314yoga.com**

Friday, May 25
3:30-6:00pm

Friday Afternoon
Teachers' Session

Class will include lecture with very practical and illustrated information about pelvic and low back pain, as well as applications in practice. We'll be doing asana, but this won't be a sustained asana 'workout.' For teachers and those with a longterm practice \$60

Friday, May 25
7:00-9:30pm

Friday Evening: Getting
'Unstuck'— How to Work
With (And Through)
Blocks in Your Practice

This asana session will put into practice the ideas on sacral health and stability from the afternoon session, in simple can-do terms that will be easily understood even by those who missed the afternoon session \$60

Saturday, May 26
9:30am-12:00pm

Rethinking the
Shoulders

This practice session will reorient our approach to 'shoulder opening,' thinking of the action of the rotations of the arms as beginning from the spirals of the hands and wrists. Shoulder strength lies 'in the spin!' \$60

Saturday, May 26
1:30-4:30pm

Pranayama and the
Role of Deep
Relaxation/Yoga
Nidra in Yoga

Guided practice on fundamental pranayamas, focused on the connection between the sacrum, diaphragm and bandhas. We'll consider variations on the approach to Yoga Nidra \$60

Classes held at Blue Sky Yoga, 3525 Watson Road, St. Louis, MO 63139

For this workshop, please bring props - a mat, two blocks, two blankets, bolster, and strap. Don't forget to bring water and a towel. If you need props, we'll have extra on hand.

Continuing Education Units: Each class/session is worth 2 CEUs and considered contact hours for Yoga Alliance. The entire workshop is 8 CEUs.

Please note: We will be filming portions of the workshop to promote this community effort.



Cut here and send with check to: 314Yoga, 3643 Hartford St., St. Louis, MO 63116

Doug Keller Yoga workshop in St Louis

May 25-26, 2018 at Blue Sky Yoga, 3525 Watson Road, St. Louis, MO 63139

I will attend:

Fri 3:30-6pm \$60 Fri 7-9:30pm \$60 Sat 9:30am-12pm \$60 Sat 1:30-4:30pm \$60 All 4 sessions \$240 total

Name (print clearly) _____

Phone (important) (_____) _____ Email address (important) _____

Address _____ City _____ State _____ Zip _____

Please make check payable to **314yoga** and mail with this form to
314Yoga, c/o Jacob Kenner, 3643 Hartford St., St. Louis, MO 63116

Email pi@314yoga.com for more information about group rates of 5 or more.

Please note: We will be filming portions of the workshop to promote this community effort.