



with John Friend

Sridaiva Yoga



& Desi Springer

Weekend Workshop Introduction to the Bowspring System

Friday, Oct. 2 through Sunday, Oct. 4

Full Weekend/ all Workshops \$250 • Individual sessions \$60 each*
Register by August 28 & save \$25

*** When registering, please note that although sessions are available for individual registration, each session builds on the next. We highly encourage students to attend all sessions or the Saturday sessions. Please do not plan to take Sunday sessions only.**

This 10-hour weekend workshop is a powerful, life-changing introduction to the mind-body training of Sridaiva, in which students learn the fundamentals of the Bowspring ideal template of dynamic posture.

It is truly an all-levels workshop open to teens to elders, and to yoga teachers, chiropractors, bodyworkers, and to all people, who want to take accountability for their state of health and happiness.

What is the Bowspring System of Sridaiva?

Sridaiva is a holistic mind-body approach that utilizes a dynamically balanced posture called the Bowspring. The Bowspring is an ideal postural shape for all of your daily life's activities. Consider enhancing your capacity in ordinary tasks like walking, sitting, housework, and even more specialized activities like yoga, jogging, or any athletics.

The goal of the Bowspring alignment is to achieve tensile strength and rooted lightness in any movement, while using the least amount of physical energy. It offers a new view on body alignment that keeps you living healthy at any age; cultivating graceful lightness and whole body strength.

What to Expect: New Dynamic Poses

The Bowspring postures are dynamic and in our exercises we move in all sorts of directions: backwards and forwards, side bends, twists and upside down. We also incorporate dynamic exercises like hopping, jumping and skipping into our Bowspring practice. Also, there is a focus on balancing poses, which reveal universal imbalances we all have.

To find out more, visit our website under "series & workshops" at:
www.decaurhotyoga.com

The Elements of the Bowspring System of Sridaiva:

Friday night 6:00pm-8:00pm

This is an orientation to our method. This is where we'll introduce the basic Bowspring dynamic posture standing, sitting, and lying down in a variety of positions and exercises.

Saturday morning: 11am-1:00pm

This will be a focus on dynamic standing poses and postural transitions. Students will learn the fundamentals of Sridaiva - hand and foot alignments, basic arm and leg forms. We will do a lot of balancing on one leg and on our arms.

Saturday afternoon: 2:00pm-4pm

This build from Saturday morning and will include a variety of postures - backbends, hip-openers, and we will do some meditation.

Sunday morning: 11am-1:00pm

This class is more intermediate level and will flow. It will be fun and challenging. Students will have breakthroughs and great transformations in these Sunday classes since having all the basics from Friday and Saturday.

Sunday afternoon: 2:00pm-4pm

This is the last class and will be a mix of everything - backbends, inversions, forward bends, and even some bodywork/massage at the end for a most delightful experience.



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for more information go to: www.decaurhotyoga.com