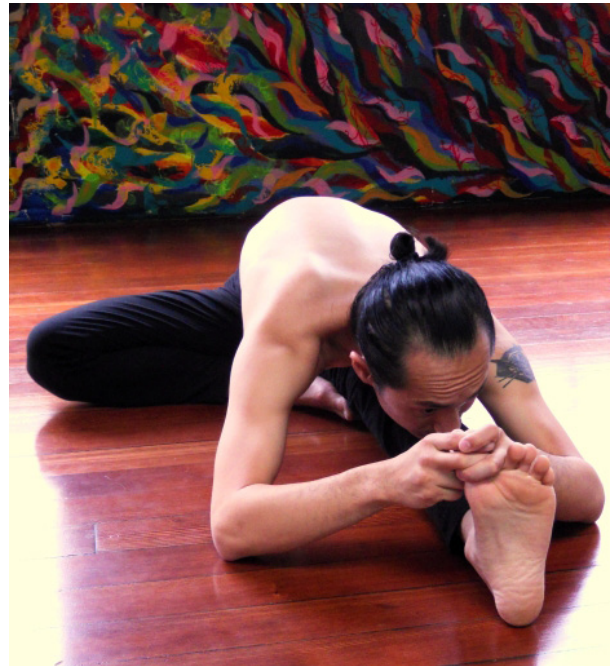




The Piedmont Yoga Studio is pleased to present:



# Unfolding the Limbs and Learning to Fold in Asana

Saturday, August 21, 2010

2:00-5:00 pm in Studio 2

\$35 by August 14th, \$50 thereafter

*By samyama on the navel, the yogi acquires perfect knowledge of the disposition of the human body - Patanjali's Yoga Sutras, III.29 trans. B.K.S. Iyengar*

Whether you call it the kanda, nabhi, lower dan tian, waist, or core, the importance of this body part in yoga practice is undeniable. However, we often lose focus on this vital area when we fold forward and backwards. In this workshop, we will explore how maintaining the integrity of the navel grounds us and allows our power to unfold so that we can fold safely and fully. This workshop builds upon the previous two workshops I've held at Piedmont Yoga Studio this summer. The three taken together show how to work a complete Shadow Yoga practice. It is not necessary to have taken the previous workshop or to be a student of Shadow Yoga to benefit from this workshop. If you have not attended the previous workshop on Balakrama, it is recommended that you have six months of strong, recent yoga practice as well as the ability to incorporate Uddhiyana Bandha in your practice.



**Andy Matinog** found his way to Shadow Yoga in 2001 and has been studying with Zhander Remete since 2002. He has since completed a three year teacher training with him and is listed on the Shadow Yoga website as one of a handful of teachers in the US. He finds the Shadow practice one of the more direct and deeper Hatha Yoga paths. He is happy to have found a good group of students in Oakland since moving here in November, 2009 and is looking forward to deepening his presence here.

More information can be found at <http://www.RedCrowYogaShala.com> and he can be reached at [andy@redcrowyogashala.com](mailto:andy@redcrowyogashala.com).

Registration: **Unfolding the Limbs & Learning to Fold in Asana with Andy Matinog**  
Fee: \$35 by 6/5 \$50 thereafter • Saturday, August 21, 2010 • 2:00-5:00 pm • Studio 2

Name \_\_\_\_\_ Daytime Phone \_\_\_\_\_

Address \_\_\_\_\_ Evening Phone \_\_\_\_\_

City/State, Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

Workshop fee: \$35. Cancellations prior to August 21st will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after Aug. 22nd.  
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.