



The Piedmont Yoga Studio is pleased to present:

STRETCHING TRUTH???

What's Old and What's New, What's Real and What's Not in your Yoga Practice?

with Mary Paffard & Mark Singleton

August 6 – Friday 2pm – 8.30pm (break for dinner)

August 7 – Saturday 1.30pm – 7.30pm (short break – bring refreshment)

August 8– Sunday 1.15-4.15pm

Fee: \$180/ \$160 for PYS & Yoga Mendocino teachers, trainees or graduates.
\$200/\$180 after July 1st.

If space exists after July 1st Per day - Friday - \$100, Saturday - \$120; Sunday \$70

FRIDAY 2-5.30pm **Intention in yoga**– intro with MS and MP, followed by asana practice with MP- **Pirate yoga or 19th century gymnastics?**; 6.30-8.30pm Presentation with MS -**Yoga Body**

SATURDAY 1.30-4.00pm **From the Real to the Unreal**– Active practice with MS; 4.30pm Implications for teachers and teacher training MS and MP
5.30-7.30pm **Good Enough!** Quieter practice using “classical” poses MP

SUNDAY 1.15pm **Global Yoga/Solo Yoga** - Asana Practice and closing discussion with MS and MP

Further information on each session can be found at http://www.maryyoga.com/Teachers_files/STRETCHING%20THE%20TRUTH_5.pdf

An exploration of the roots of 21st century yoga practice in the light of research which shows the close relationship that today's yoga practices have with body building, colonialism, and 19th century European gymnastics!

What is our yoga practice? Do we accept that yoga has a political history? And what relevance does its history have to current practice? How does innovation and respect for tradition effect the process of deep inquiry and compassionate transformation that many of us would consider the essence of our yoga? Suitable for serious students who have lived through the inevitable crises of doubt and despair, transformation and revelation of practice and for teachers who wish to reflect on some of their previously accepted sacred cows that may be limiting their path to the truth.

Mark Singleton is the author of the ground-breaking book *Yoga Body, the Origins of Modern Posture Practice*, and scholar of yoga. He has published extensively on the history of yoga in the modern age, and is fascinated by the intersection of tradition with modernity. He is a certified teacher in the Iyengar and Satyananda schools, an advanced Ashtanga practitioner, and a long term meditator in Buddhist traditions. He considers his academic work to be a powerful tool for reflection on the meaning of practice.

Mary Paffard, practitioner for 35 years and meditator for 27, has been asking herself these questions and encouraging her students to ask these questions for many years. Mark's book was both a refreshing and validating experience for her to read. In the light of his intriguing research, Mary sees this workshop as an opportunity to share some of her innovative work in asana practice, delve deeper into the reasons why we practice and teach, and how to work in community with curiosity, honesty and compassion...and develop more questions! www.maryyoga.com

Registration: **Stretching Truth with Mary Paffard & Mark Singleton**

Fee: \$180 (before July 1st) \$200 thereafter • Friday 2-8.30, Saturday 1.30-7.30, Sunday 1.15-4.15 • Studio 2

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$180. Sign up online or send in your check. www.piedmontyoga.com

Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.

