



The Piedmont Yoga Studio is pleased to present:

Homage to the Source 2010: Traditional Yoga for Modern Times *with Richard Rosen*

March 20, 2010

2:00 - 5:00 pm • Studio 2

\$60 registration before 3/13 \$75 thereafter



Modern American Yoga is a distant relative of traditional Hatha Yoga, which first developed in India around the tenth century CE. Hatha Yoga is summarized in three instructional manuals, “Light on Hatha Yoga” (Hatha Yoga Pradipika), the oldest, written in the fourteenth century, “Gheranda’s Collection” (Gheranda Samhita), and “Shiva’s Collection” (Shiva Samhita), both written in the late seventeenth century. Gheranda notes there are 840,000 asanas, one for every living creature, then goes on to briefly describe the 32 asanas he finds “most useful” to humans.

Homage to the Source is an asana sequence based on Gheranda’s 32 most useful asanas. The practice also includes pranayama and supporting “seals” (mudra) and “bonds” (bandha), since these latter disciplines are the foundation of traditional Hatha Yoga. This is a vigorous practice recommended for students with at least 6 months of asana experience. For an outline of the current Homage sequence, go to www.piedmontyoga.com, click on the Home page’s Library tab, then click on the Traditional Asana link.



Richard Rosen began his study of yoga in 1980, and has been teaching since 1987. He’s Director of Piedmont Yoga and a contributing editor at Yoga Journal.

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Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$60 by 3/13, \$75 thereafter. Sign up online or send in your check.