



The Piedmont Yoga Studio is pleased to present:



MODERN NADIS:

The External Energy Channels of the Body
with Richard Rosen

Saturday, May 15, 2010

2:00 - 5:00 pm • Studio 2

\$60 registration before 5/8 \$75 thereafter

The old yogis discovered and mapped thousands of subtle channels, called nadis, that transport vital energy to every nook and cranny of the body. While these channels, located in the subtle body, are generally well beyond the conscious grasp of the average student, modern explorers of the physical body have uncovered innate energetic patterns that are, for the most part, accessible to just about everyone. Unlike their traditional counterparts, many modern channels run along the surface of the body where they can be imaginatively contacted, experienced, and then put into practice first through asana and pranayama, then in our everyday lives. This work is based in large part on the groundbreaking teaching of Mabel Todd, first described in her classic 1936 study, *The Thinking Body*, and carried on by her many students. In this workshop we'll trace and then put into practice through asana and pranayama, the major energy channels on the surface of the human body.



Richard Rosen is the director of Piedmont Yoga. He learned a great deal about these channels from the late Andre Bernard, whose talks have been transcribed and published in *Ideokinesis: A Creative Approach to Human Movement & Body Alignment*. Director of Piedmont Yoga and a contributing editor at *Yoga Journal*.

Registration: Modern Nadis with Richard Rosen

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Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$60 by 5/8. \$75 thereafter.

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