



Presents a 2 x day workshop with Lance Schuler

31 January & 1 February 2015

Capturing the essence of a complete asana practice

Day one : 11.30-5.30pm

Importance of macro-joint mobility
Setting the workshop intention
Overviewing our approach to a general mind/bod/breath workout
Establishing key concepts to support a safe practice
Foundational practice of stability
Awakening the neurological pathways
Ensuring clarity as a basis for postural integration

Day two: 9.00-4.00pm

Importance of good macro-joint mobility
relieving the tension from ancillary joints
Focus on multi-level hip & shoulder movements
Reducing invasive action towards our spinal column
Going beyond limited concepts & accepting change as a natural phenomenon
Explore the four corners of asana: – backbends/ forward bends/inversions
Focus on core and lower body

Saturday 31 January ----11.30 am to 5.30pm

Sunday 1st February --9am to 4pm

Tauranga Yoga Centre is situated at 173 Elizabeth St West, Tauranga

Investment for 2 x days = \$120 for members and \$135 for non -members

Register by 28 Dec 2014 to secure your spot:

Send an email to Sue : info@taurangayoga.org.nz or s call 022 350 3891

Include your contact details: Name, postal address, email; and phone number/s

Pay direct to: Tauranga Yoga Centre, 38 9004 0616591 00 (Payment Code TYC -L.S.Wkshp)

By cheque ; post to TYC PO BOX 191 Tauranga 3114

Cancellations up until 14 January will be fully refunded *Disclaimer: All participants must understand that there are risks involved in participating in all physical activities and that when attending yoga events they must assume full responsible for their own safety and care. (TYC Committee 2014). (In event of cancellation full refunds will be made)*

Lance's Yoga Biography

Lance is the director and owner of INSPYA - **Integrated South Pacific Yoga Academy.**

After a lifetime of personal practice and teaching experience, Lance developed the unique synergy of Vinyasa and Iyengar styles that is primarily taught at Inspya.

Inspya Yoga is a dynamic blend of balance, strength, flexibility and endurance. Lance qualified as an Iyengar yoga instructor with the Australian School of Yoga in Sydney and has been a teaching instructor for 20 years

The Inspya team now conducts teacher training programs and workshops all over Asia, Europe and the South Pacific.

Lance also has special interests in martial arts, acrobatics and meditation

