



Weekend Workshop with **Cyndi Lee & David Nichtern**

March 6 - 8

at Jewel Heart

1129 Oak Valley Drive
Ann Arbor, Michigan



Creative sequencing, Clear instruction, Personal attention

Friday, March 6	OM yoga for Meditators	7:30 - 8:30 pm	\$15
Saturday, March 7	Yoga Body Buddha Mind		
	Making Friends with Yourself	9:30 - 12:30	\$200 for the weekend or
Opening Your Heart	2:30 - 5:30 pm		
Sunday, March 8	Opening the Gates		
	Unlocking Your Lower Body	9:30 - 12:30 pm	\$55 per segment
	Rising Up and Purifying	2 - 5 pm	

Jewel Heart Tibetan Buddhist Learning Center

1129 Oak Valley Drive, Ann Arbor, MI 48108, 734.994.3387 **Register at www.jewelheart.org**

FRIDAY**OM yoga for Meditators** *with Cyndi Lee*

This fun, user friendly, no-pressure class will teach you how to open your hips & shoulders, strengthen your bones and core muscles, & loosen up your neck and spine so you gain the flexibility, strength & stamina for meditating. This class is open to all levels of experience, including none! **\$15** 7:30- 8:30 pm

SATURDAY**Yoga Body Buddha Mind** *with Cyndi Lee & David Nichtern*

With humor, depth & authenticity, senior Shambhala Buddhist teacher David Nichtern & OM yoga founder Cyndi Lee offer a dharma talk, meditation & asana practice in each session -- helping to cultivate strength, stability & clarity of mind and body. All levels welcome, good for meditators & yogis.

Making Friends with Yourself

9:30 am - 12:30 pm

Introducing mindfulness meditation & exploring mindfulness-in-motion through slow flow yoga sequences.

Opening Your Heart

2:30 - 5:30 pm

Introduction to maitri (loving kindness) practice, along with a guided meditation, followed by an inspiring, heart opening yoga class.

Opening the Gates *with Cyndi Lee***SUNDAY**

One of the most valuable effects of mindful asana practice is the power to unblock the flow of natural power, confidence and radiant health. Through personal explorations of the enlightened and unenlightened aspects of each chakra matched with dynamic sequences which target each corresponding physical area, we will explore methods for unlocking the gates and experiencing the confidence, balance and wakefulness that arise naturally when our channels are open.

Unlocking the Lower Body

9:30 am - 12:30 pm

In yoga asana, the arms & legs are the workhorses of the body which, when properly engaged, allow for both support & fluidity of the spine and internal organs. We will explore the rotation, lift & release of the feet, legs & pelvis as well as the relationship between the foot chakra, leg sushumna & secret chakra. (Did you know the foot chakra relates to both love and anger?)

Rising Up and Purifying

2:30 - 5:30 pm

Through an active, uplifting asana practice -- deep twists leading to chest & throat openers -- we will rise our energy up the spine, creating a sense of strength, joy & lightness. To balance that work we will add some inversions & then work back down the chakras with a purifying earthward moving sequence.

Recommendations:

Bring a yoga mat, strap, block and blanket.

Don't eat too much before class!

If you come for the whole day, bring your lunch.

For those coming from out of town, Jewel Heart can recommend nearby accommodations and restaurants.

Questions? contact debbie@jewelheart.org or sybil@OMyoga.com

PRICING

OM yoga for Meditators is \$15

Yoga Body Buddha Mind and Opening the Gates are \$200 or \$55 per segment

to Register visit www.jewelheart.org