



YOGIS & YOGINIS WORKSHOP

ADJUSTMENT LAB

Saturday, October 23rd from 2:00 to 4:30 PM

Cost \$ 60 in advance - \$ 65 day of

Using the Katonah Yoga® principles as a lens, Cari and Jon will guide you through a variety of postures and adjustments. The workshop is designed for the adjustments to ground and solidify the yoga practitioner's positions, adding length and direction to the body while simultaneously finding volume and comfort in the pose. Many classes are taught with verbal cues and assists. Verbal cues are good for personal ownership; however, you are still navigating through your own habitual nature. Often assists are not well explained, but only experienced. We will demonstrate how hands on adjustments, with energy-metaphors can be revelatory. A steady, grounded adjustment will inform one's direction, vision, comfort, and overall well-being. The goal is to have a healthy lifelong yoga practice.

This workshop is for anyone who would like to deepen their knowledge and experience through adjustments. It is especially useful for the dedicated practitioner, teachers in training and teachers who would like to understand how to further educate their students through their bodies.

What to expect in this workshop:

- Breaking down shapes and postures
- Demonstrations to help assist for stronger understanding and direction
- Be prepared to give and receive adjustments that can support and stabilize your body in a variety of postures
- Learn adjustments that can provide informative actions in poses.

About the Teachers:

CARI FRIEDMAN & JON ZIFF SINT

Cari has been teaching yoga in New York City for over twenty years.

After studying and teaching Anusara Yoga for over ten years, Cari has studied many different techniques that she brings to her teachings. In 2012 she began working under Nevine Michaan, founder of Katonah Yoga and Cari's teaching was transformed. She is certified in the Katonah yoga method. In addition, she has completed many teacher trainings with Max Strom, John Friend, Ellen Saltonstall and Jimmy and Ruthie Bernaert, among others; she also incorporates the Melt Method and physical therapy techniques into her teaching.

Jon was introduced to yoga early but took his time to fall in love with the practice and make it his experience. Jon's training ranges from extensive study with The Sacred Fig and Katonah Yoga to work with Threes Physiyoga, Kula Yoga, AcroYoga, Meridian Yoga Therapy and various bodywork modalities.