



YOGIS & YOGINIS WORKSHOP

A KATONAH YOGA WINTER PRACTICE

Sunday, December 5th from 2:30 to 4:30pm

Cost \$ 55 in advance - \$ 60 day of

As the seasons shift, so do we. Humans are a part of Great Nature, as such we can take cues from the seasonal rhythm as to how to best align ourselves with the pattern of existence. Just as the trees pull their life force deep into their roots, so can we.

Winter is a time to stay inside, both literally and figuratively. As the world outside freezes we have an opportunity to cultivate a more robust inner world. The yoga practice can reflect this through developing the ability to stay in poses that allow us to fold into ourselves, become reflective, and find deep stillness within our body and our mind. As we shift the body, the mind will follow.

This season is about the depth of inner wisdom, and gaining perspective of how we want to emerge in Spring through traversing our inner darkness. Together we will spend two hours exploring various yoga poses and breath techniques to aid you in soothing and restoring your nervous system so that you may be able to embark upon this journey through the dark months. Through practicing these techniques, perspective can be gained as to how to emerge from the depth of Winter into the light and renewal of Spring.

In this Winter Practice we will:

- Learn breath techniques to cultivate one's internal landscape
- Review Winter archetypes
- Practice poses that support the nervous system

About the Teachers:

CARI FRIEDMAN & CHASE CONNOLLY

Cari has been teaching yoga in New York City for over twenty years. She has also taught many international retreats.

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.

Chase has been practicing yoga since childhood and teaching yoga for over 14 years. Introduced to yoga at age 8 by his grandmother, he started studying it seriously in high school and completed his first teacher training soon after. Practicing everything from Hatha, to Power Yoga to Vinyasa, it wasn't until he found Katonah Yoga, after injuries and dissatisfaction, that his love for yoga was revived and gained new meaning. Chase's teaching is informed by his background in anatomy, his study of herbalism and his love of plants and gardening. He strives to utilize the physical practice as a container to embark on the exploration of universal concepts, encouraging each student to create a narrative of self cultivation, turning oneself into a diverse ecosystem of ideas and curiosities to further the exploration of the interior landscape.