



YOGIS & YOGINIS WORKSHOP

The Seasons

A 30 hour Katonah Yoga Hybrid Immersion

Feb. 2022

with Cari Friedman and Chase Connolly

+

Guest Teacher: Nevine Michaan, Founder of Katonah Yoga

Cost: \$850 (Book confidently – No refunds granted)

Includes below + Katonah Yoga 2022 Calendar and Origami Kit

30 Hours bankable toward your Katonah Yoga® Certification.

In this four-week immersion, we will study Katonah Yoga ideas and concepts so we can deepen our practices. Our workshop will be organized around the seasons. Autumn is the beginning phase of moving inward, a time to prepare for winter, the time to slow down, reflect and develop new vision. An effective yoga practice should reflect and express these changes in the season.

Our goal is to be empowered from the seasons by learning their patterns. In this way, our practices will help us to prepare for the year, to handle problems and self sooth, thereby preparing us for what is next. We know that Spring is always after winter.

In the immersion, we will explore and study the magic experienced in adjusting each other. This is an opportunity to play together in an orchestra. To find the grace within your effort. A steady, grounded adjustment informs one's direction, vision, comfort, and overall well-being.

We will also experience and study how asana practice and breathwork combined with Katonah metaphors can expand imaginative possibilities. With greater access to our inner landscape, the patterns of nature can support our relationship to the rhythm of the seasons.

This immersion is for anyone who would like to deepen their knowledge and experience with the Katonah material. It is especially useful for the dedicated practitioner, teachers in training or teachers who would like to expand their knowledge of yogic possibilities.

Join Cari Friedman and Chase Connolly In-Person and On-Line for 30 hours of practice and theory. With Guest Teacher, Nevine Michaan, Founder of Katonah Yoga.

***This Hybrid Four Week Immersion will be held at Yogis & Yoginis
432 6th Avenue – Brooklyn - NY***

Topics Covered:

Magic Square
The Seasons and Their Archetypes
Intro to Five Elemental Theory
The Principles of Great Nature
Physical Adjustments

Expect an abundance of physical practice, breathwork, hands-on adjustments, great conversation & community.

Immersion Includes:

Weekly

- Two Asana classes (In-Person and Zoom)
- Two Breath classes (Zoom)
- One lecture class with practice

Every other week

- Two Adjustment Classes
- One Time Guest Lecturer: Nevine Michaan, Founder of Katonah Yoga
- Pre-Recorded Magic Square
- Katonah Yoga Calendar + Kits

Immersion Schedule begins on Sunday, Jan 30th with our First Group Discussion

- 4 In-Person group discussion, Sunday's | 2pm-4pm @ Y&Y
Jan 30, Feb. 6, 13 & 20, 2022

1st Sunday, Jan 30th:
Foundations of Katonah Yoga Theory
Seasonal Cycle
Breathwork

2nd Sunday, Feb 6:
Autumn/Winter Archetypes
Asana Practice

3rd Sunday, Feb. 13:
Spring/Summer Archetypes
Asana Practice

4th Sunday, Feb. 20th
The Overview of the Seasons

- Must attend two weekly Asana Classes
In-Person & Zoom

Tue's & Friday's: 10:15am-11:30am (In-Person)

Wed's: 2:30pm-3:45pm (In-Person)

Thursday's: 5:15pm-6:15pm (Zoom)

- Two weekly breathwork classes:
9am-9:40am Monday's and Friday's (Zoom)

- Two In-Person Adjustment classes (@ Y&Y)
Wed, Feb. 9 & 16: 4pm-5:30pm

- Lecture with Nevine Michael Founder of Katonah Yoga (Zoom)
Sat, Feb. 19th - recording will be available

- Two hour pre-recorded Magic Square workshop