



YOGIS & YOGINIS WORKSHOP

ADJUSTMENT LAB

Saturdays, January 28 & February 4 from 4:00 to 6:30 PM
Cost \$70 for a single session - \$130 for both sessions

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. Our goals in practice are to be powerful in our options, to find joy, and develop a healthy life-long 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
- Touch! Be prepared to give and receive adjustments
- Learn & experience how adjustments can transform your practice
- Introduction to Katonah Yoga® material

Session I: First Floor / Ground of Being

Ground of Being Practice is designed to descend to our roots, plug oneself in, deepen our anchor so that we can rise, lift, ripen, pop and ascend our spirit, imagination and vision. Come to explore a floor practice with shapes like Pigeon, Plow, Supported Backbends and lots more.

Session II: Second & Third Floor / Competency & Vision

A competency and vision practice will encompass standing poses, backbends, inversions, and dog variations. In these shapes, we will learn how to move off our memories (our back body) to open our windows (our front body) in order to get a better cross breeze. When we move from memories into our potential, it opens our vision and puts us in a position of power.

About the Teachers:

CARI FRIEDMAN & JON ZIFF SINT

Cari has been teaching yoga in New York City for over twenty years & leading retreats internationally. 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 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.