



# YOGIS & YOGINIS WORKSHOP

## Yoga and Qigong: The Dance of Heaven and Earth

*When the body flows like running water, it is always renewed, always fresh. This is true freedom.*

**SATURDAY, OCTOBER 26**

**2:30 to 5:00 PM**

**Cost: In-Studio \$60 – \$65 day of**

Join Daniel Orlansky, founder of Yoga of Energy Flow, as he teaches you how to cultivate strength and flexibility with yoga and suppleness with qigong, creating a unified practice that balances yin and yang, heaven and earth, sun and moon, masculine and feminine. Daniel will guide you in exploring the Taoist concept of “effortless flow” in qigong and how to bring the same ease of motion into your yoga flow sequences.

You will learn:

- Breathing exercises to enhance life energy
- The Eight Brocades, Swimming Dragon, and other qigong practices to open the meridians
- Meditative flow in yoga sequences
- Tapping to open the 14 meridians, six energy gates, and three energy centers
- Concentration techniques for mental clarity

Enjoy graceful and gentle movements in both forms and embrace the powerful effects of both qigong and yoga as you detoxify the body and increase your strength, flexibility, and peace of mind.

### About the Teacher:

## DANIEL ORLANSKY

Daniel, MA, ERYT-500, is the director of yoga teacher training at Boston University and has taught “Yoga: Theory, Culture, And Practice” at Lesley University. A yoga teacher since 1992, he is certified in Jnana Yoga, Kali Ray TriYoga, and Kundalini Yoga and is the creator of Meridian Yoga, a yoga style that combines shiatsu, yoga asana, and the meridian system into a unified practice to open and strengthen the body. He holds a master’s degree in Expressive Art Therapy/Dance Therapy and has been a visiting lecturer in movement studies at Tufts University. He is also a graduate of the Boston Shiatsu School. Daniel teaches regularly at the Kripalu Center, the Omega Institute, and in centers across Europe, and he also directs yoga teacher trainings worldwide. Visit Daniel at [www.yogaofenergyflow.com](http://www.yogaofenergyflow.com)