



YOGIS & YOGINIS WORKSHOP

WINTER EDITION:

Seasonal Sound and Katonah Yoga Restorative Practice

Saturday, January 11 from 4:00 to 6:30 pm

Cost: In-Studio: \$ 65 in advance - \$ 75 day of

Join us this Winter for an enriching seasonal experience, as we utilize diverse tools and techniques to support dropping into deep states of embodiment.

In Chinese theory, Winter descends us into the depths of the kidneys, our reservoir energy of substantiation, reflection, and quietude, as well as our inner listening, intuition, and wisdom. The element of Winter is water, which can get frozen with fear, and it is up to us to transform its character and keep it fluid.

We use Katonah Yoga Restorative shapes in combination with overtone-rich sounds to support the breath with postures that use formal setups, hands-on adjustments, and props as boundaries to scaffold physical and emotional structure. The instruments join with this dynamic environment, guiding attention deeper into the form. When the mind and body connect in this way, breath and energy move effortlessly, evoking ease and safety, and inviting new layers of psycho-somatic release.

Each participant will receive a uniquely personal experience guided by three facilitators. Chemistry and neurology transform in each posture supported by blocks, blankets, and straps, accompanied by chimes, tuning forks, singing bowls, and gongs. Leave renewed, restored, and reconnected to a greater sense of internal peace.

About the Teachers:

CARI & YIMING & ADRIAN

Cari Friedman 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.

Yiming Bao and **Adrian Williamson** are ever-curious students of the diversity of meditative practices, from yoga to embodied movement to sitting meditation to many more. In this endless journey of cultivating silence and stillness, they found the practice of sound. They are both grateful students of Alexandre Tannous and David Shemesh. They host regular sound meditation and breathwork events in New York.