

Yogasana Workshop Series

In-Depth Explorations
with Kim Schwartz

May 21–August 7, 2019

This class series is a twelve week sequence of one-hour workshops focusing on two to three asanas per class. These asanas will be explored in more depth than is often possible in a typical class. This series may be of interest to teachers, or anyone simply seeking a deeper understanding of these asanas and how they may be best suited to each individual. Though it is recommended to take the entire series, each class is available individually if desired.

For a list of asanas covered each week, please visit highdesertyoga.com/events/yogasana-workshop-series-with-kim-schwartz

Kim has studied and taught Hatha Yoga for more than four decades and currently co-leads High Desert Yoga's teacher training program. Recognized by many well-known yoga instructors as a "master of his art" in personal practice, Kim is also known as a "teacher's teacher," one with the ability to communicate the timeless truths of yoga to fellow instructors in a way that enables them to pass this wisdom on to their own students. Kim is registered with Yoga Alliance as E-RYT 500 & YACEP.

12 Tuesdays May 21–August 7, 2019

5:45–7:00 PM

\$135 (plus tax) for the full series

Individual classes \$18 each (tax included)

Class packages available at highdesertyoga.com/prices-payments

High Desert Yoga

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Yogasana Workshop Series

Tuesdays, May 21–August 7, 2019

5:45–7:00 PM

- May 21 Tadasana (Mountain pose)
 Urdvahastasana (Upward hands pose)
 Savasana (Corpse pose)
- May 28 Utkatasana (Beyond full measure pose)
 Virabhadrasana 1 (Warrior 1 pose)
 Virabhadrasana 3 (Warrior 3 pose)
- June 4 Suptahastapadandusthasana (Resting hand to big toe pose)
 Parivrtta ardhasandrasana (Revolved half moon pose)
 Parivrtta trikonasana (Revolved triangle pose)
- June 11 Vrksasanana (Tree pose)
 Ardhachandrasana (Half moon pose)
 Trikonasana Triangle pose)
- June 18 Virabhadrasana 2 (Warrior 2 pose)
 Parsvakonasana (Side angle pose)
- June 25 Virasana (Hero pose)
 Dandasana (Staff pose)
 Paschimottanasana (Posterior extension pose)
- July 2 Ardha navasana (Half boat pose)
 Suptanavasana (Resting boat pose)
 Paripurna navasana (Full boat pose)
- July 9 Supta virasana (Resting hero pose)
 Setubandha (Bridge pose)
 Urdvadhanurasana (Upward bow pose)
- July 16 Adhomukhasvanasana (Downward facing dog pose)
 Adhomukha vrksasana (Downward facing tree pose - handstand)
- July 23 Phalakasana (Plank pose)
 Chaturangadandasana (Four limb staff pose)
- July 30 Maricyasana 1 (Pose dedicated to the Sage Marici)
 Siddhasana (Adept's pose)
 Janusirshasana (Knee head pose)
- August 7 Sirshasana (Headstand)
 Sarvangasana (Shoulderstand)