

Timed Asana

Class Series with Kim Schwartz

October 29–December 3, 2019

Six Tuesdays 5:45–7:15 PM

In this class you will perform asanas with various degrees of support so that the asanas can be sustained for longer periods of time. By staying in an asana for longer periods of time one is able to penetrate into the deeper layers of the muscles, connective tissue, and consciousness that cannot so easily be accessed in a practice of shorter duration and greater intensity.

Unlike restorative asanas the asanas are not completely passive. The practitioner is asked to participate with subtle internal actions within the body and the breath. In this way the body can have the opportunity to sort out long term and deep seated imbalances in the muscles, joints, breathing patterns and the nervous system.

This class will also include basic pranayama and savasana.

Full Series: \$75 + tax paid in full by October 15

\$85 + tax after October 15

Single class: \$18 or use your class package

Kim has studied and taught Hatha Yoga for more than four decades. His lifelong passion for mystical truth led him to become ordained as a swami of the Temple of Kriya in Chicago.

He was elevated to the position of Maha Swami in the Kriya lineage, enabling him to ordain others as swamis. Kim was director of the Temple's Hatha Yoga Teacher Training

Program before moving to New Mexico, where he continues to lead High Desert Yoga's Teacher Training Program. Kim is recognized by many well-known yoga instructors both as a "master of his art" in personal practice and as a true "teacher's teacher," one with the ability to communicate the timeless truths of yoga on many levels to fellow instructors in a way that enables them to pass this wisdom on to their own students. He is registered with Yoga Alliance as E-RYT 500 and YACEP.

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