

Yoga Master Classes with Stephanie Lasher
October 5, 6, & 7, 2018
High Mountain Hall Studio, Camden, Maine

Friday, October 5

8:00 am – 10 am

Core Body: Moving from the Center

The connection we have with our core body determines the integrity, strength and safety of our practice. In this Master class, we will be studying how all movement begins in the core of the body through the breath. We will learn how to recruit, isolate and activate the core muscles of the front, side and back body to help us set up appropriate frameworks for asana and we will introduce energy locks or bandha engagement practice for deep strength. If you want to invite more control, fluidity, balance and grace to your practice, this slow moving practice will draw you into a delicious blend of self awareness and a new appreciation for how your body moves.

Appropriate for all levels.

Saturday, October 6

8:00 am – 10:00 am

Excavating the Elegant Heart

A two hour Master class devoted to unearthing the heart space. Modern day life has left our shoulders stiff, our neck aching, and our posture slumped over. As a result, the heart becomes buried inside layers of tension. With the powerful breath as our guide, we will begin to breathe new mobility and vitality into the shoulders, chest and upper back. Paving the way for supple, safe and expansive backbends, we will study how our breath expands the shapes, how maintaining a neutral pelvis keeps the lower back free of compression, how our core strength allows us to explore deeper into these postures safely and how creating space along the entire length of the anterior body invites the whole body to participate in our backbends. We will be beginning with cobra and camel, and working our way up to bridge pose and wheel pose. *Appropriate for all levels.*

Sunday, October 7th

8:00 – 10:00 am

Meditative Marination : YIN and Restorative

Closing out our weekend, we will dive into a practice full of delicious hip and hamstring openers, supportive heart explosions, luscious reclining twists, all sprinkled with poetry and finished with a chocolate meditation. A practice in holding space for ourselves in both the quiet and chaotic moments, this Master class is a ritual in fine-tuning our conscious care of Self. *Appropriate for all levels.*

\$40 per class or package of all three classes \$100