

WEEKEND INTENSIVE WITH RICH LOGAN

SEPTEMBER 8TH – 10TH 2017



FRIDAY NIGHT 7-9pm: Two Hour Special Class: Mindful Vinyasa is an eclectic teaching style focused on the "seeming basics", that opens one to a deeper practice by sitting in some poses for extended periods of time and moving through other postures smoothly with deliberate attention on 'placing ourselves' in the pose, as opposed to habitual patterns and gravity running the show. A mindful practice is focused on bringing us to the edge of 'experience' to 'witness' the moment unfold and realize it is us who is the unfolding. We will focus on grounding ourselves through standing poses and learn to draw the energies upward to balance heart and mind. \$25 Investment

SATURDAY AFTERNOON 12-3pm: Three Hour Inward Gazing Inversion Intensive: Inversion Intensive or Obsession for Inversions! Come join us for a 3 hour intensive designed to get you upside down safely. Inversions provide us a multitude of benefits but can be harmful if our alignment is compromised. Come join Rich Logan for an afternoon of exploring your body breath and mind from a different point of view. We will have some brief lecture and then learn to safely explore "The Inward Postures" using props and techniques that will give you more time to explore the effects these poses create for us. We will warm up with alignment based asana and sun salutes to understand our unique tensions and habits in the Body and Mind, with an intention to balance those re-actions, as they tend to worsen when upside down. Then we will bring that new awareness into a world that seems completely upside down. \$50 Investment

SUNDAY AFTERNOON 1-4pm: Backbends and Restorative (with a little breath work on the side): Back bends help us open the front body as the perfect counter pose to a life that can sometimes silence our hearts to the back row. Back bending allows for expansive breath in the ribcage and prepares us for pranayama. We will explore a unique blend of Mindful Vinyasa, and static poses. In the restorative portion of class the aim will be deeply re-setting the nervous system by holding poses for at least 2 to 5 minutes supported by a liberal use of props. We will employ active techniques to engage the physical body and passive work to allow for deep relaxation of chronic holding patterns. In addition we will explore some Pranayama techniques to enhance our focus and clarity. Pranayama is essential to deeper states of consciousness and we must be very careful not to create stress in the body or mind to access this deeper focus. All this will be performed under the auspices of a spiritual practice. \$50 Investment



\$125 Investment Registering Separately for All 3 Sessions ~ May Register for Individual Sessions Only

\$115 Weekend Investment Registering for All 3 by August 25th

*Qualifies for CE Contact Hours with Yoga Alliance

Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab.

For more information, email info@sacredpathyoga.com.

Please note all workshops are nonrefundable and nontransferable

RICH LOGAN
COMING TO SACRED PATH
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Rich Logan has traveled the world studying and teaching massage therapy and Yoga. He has been on faculty at the Chicago School of Massage therapy and The Pacific College of Oriental Medicine. As well he has taught in the Indian based Teacher Training group Rishikul in their Nepal program. He teaches yoga anatomy for several teacher trainings in Chicagoland as well as workshops in the surrounding area. Rich has also been a guest speaker on Western massage techniques at the Ayyurvedic College in Mysore, India. He has also taught adjustment and anatomy oriented yoga courses for yoga teachers in Hamburg, Germany. He has presented at Wanderlust Chicago, teaching well over a thousand students in Grant Park. He was also a featured yoga presenter at Bhakti fest Midwest in Madison. He also has been performing with Kirtan groups in Chicago since 2002 as a guitarist and fronts his own group with a revolving band of world-class musicians called Akoustikirtan. A serious student of Yoga since 1998, teaching since 2001 and a meditation practitioner since 1978, Rich incorporates his knowledge of anatomy and physiology with a unique understanding of spirituality in the modern world.

Rich has studied at the prestigious Krishnamacharya Yoga Mandiram in Madras, India with TKV Desikachar among others presiding, The Atma Vikasa in Mysore with Yogacharya V. Venkatesha and wife Acharye Hema, The Himalayan Iyengar Yoga Center near Dharamsala with Sharat Arora. Rich's significant teachers have been, Kim Shwartz, Tias Little, Aadil Palkhivala, Gabriel Halpern and Anna Forrest. Rich has also assisted Tias Little in workshops as well as his Esalen retreat in 08. He continues to study at the Yoga Circle under the tutelage of the enigmatic and brilliant Gabriel Halpern in the Iyengar tradition.