



Anchorage, Alaska

# Deepen your yoga practice! with Expanded Studies (Full Schedule of Courses)

**Please Join Us!!** The Expanded Studies program is open to anyone interested in learning more about yoga philosophy, breathwork, meditation, and asana.

Courses are "Mix and Match" so sign up for as many as you want. Or, take the whole program as prerequisite for Teacher Training beginning Fall 2009 and receive a discounted rate.

For more info, call Inner Dance Yoga Studio at 907-277-7037. Namaste.

## Timetable for Weekend Workshops

Friday evening: 7-9 p.m. philosophy/history

Saturday morning: 9-noon asana

Saturday afternoon: 2-4 p.m. anatomy

Sunday morning: 9-noon asana

\* Note special times for Oct. 20-24 and Oct. 28-Nov. 25 courses.

## 2008-2009 Expanded Studies Program Schedule of Courses

Course Focus Key: **A** = Asana/Anatomy **Ph** = Philosophy **P/M** = Pranayama/Meditation

Dates	Focus	Course	Teacher	Hrs.	Fee
Sept. 26	Ph	Brief history of yoga, Intro to yoga sutras of Patanjali	Karen/Lynne	2	35
Sept. 26-27	A	Standing asana, Handstand, Core	Lynne Minton	8	135
Sept. 28	All	Intro to 2009-2010 Teacher Training (Q&A, info session)	Staff	--	--
Oct. 17	Ph	Sutras related to Yamas, Niyamas, and Pratyahara	Patty Bielawski	2	35
Oct. 18-19	A	Forward Bends, Twists and Headstand	Karen Greenwood	8	135
Oct. 20-24*	P/M	Pranayama I, M-F, 7:30-8:30 a.m.	Lynne Minton	5	85
Oct. 28- Nov. 25*	P/M	Intro to Meditation, Tuesday Evenings 7:15 -8:15 p.m.	Anne Doubek	5	85
Nov. 21	Ph	Sutras related to Dharana	Patty Bielawski	2	35
Nov. 22-23	A	Restoratives	Lonnie Chase	8	135
Jan. 23	Ph	Sutras related to Dhyana	Patty Bielawski	2	35
Jan. 24-25	A	Backbends and Shoulder Stand	Alison Till	8	135
Feb. 20	Ph	Bhagavad Gita	Karen Greenwood	2	35
Feb. 21-22	A	Chakras and Asana	Karen Greenwood	6	100
Feb. 21	P/M	Bhakti Yoga (The yoga of devotion and Kirtan)	Karen/Peter Cohen	2	35
March 14-15	A	Restoratives Part II	Lonnie Chase	8	135
April 11-12	A	Chakras & Asana Part II	Lynne Minton	8	135
May 4-8	P/M	Pranayama II, M-F, 7:30-8:30 a.m.	Lynne Minton	5	85
May 16-17	A	Asana-Inner Body Awareness	Alison Till	8	135

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