Stoking the Fire, Calming the Mind:

Balancing the Energies with Yoga and Ayurveda

with Lucie Kasova and Chelynn Tetreault

SATURDAY, NOVEMBER 3, 2012, 1-4PM

When we are fully alive, our body is full of light, there are no dull places. The more energy going through us, the more alive we feel. Most of what we feel inside we don’t have words for. When we allow ourselves to feel without words, we step out of the rational mind, we expand, we move into places that are rarely seen. To the yogi, this inner world of energy is as real as the mastery of the postures. It is the great jewel of the deeper practice of yoga.

Come explore movement and breath and discover how yogic breathing (pranayamas) can be woven into your yoga practice to increase your energy and aliveness. Learn the yoga practices to strengthen the mind’s ability to witness the energy inside, allowing you to ride the energy and stay balanced.

Ayurveda, which literally means “The Science of Life”, helps bring the inner wisdom of body and mind into conscious awareness. In this workshop, we will explore the qualities inherent both within us and in the world around us in the context of Ayurveda’s system for accessing this deeper wisdom. We will learn how this ancient healing science from India compliments yoga practice. Together, they are a powerful approach to radiant health, full aliveness, and skillful living, supporting us to live more authentically and to express our true life purpose.

Lucie Kasova, E-RYT, is a Certified Kripalu Yoga Teacher. She has been a dedicated practitioner of yoga and meditation for more than a decade. Lucie’s teaching approach helps to bring her students into a place of observation and awareness of the body and mind, and into a deeper awareness of themselves. Lucie is known for bringing warmth, passion and a sense of inquiry to her teaching. In addition to asana (posture) practice, her teachings also include yogic breathing, yoga philosophy and meditation. Lucie has studied extensively at the Kripalu Center for Yoga and Health. Currently, she is training towards the 500 hours certification with Yoganand Michael Carroll, a Master-Level teacher in the Tantric Hatha Yoga tradition.

Chelynn Tetreault, LMT, A.H.E. is the owner of Little Lotus Therapeutic Massage and Ayurveda in Northampton, MA. She has been in practice for over nine years. She is certified through the CA College of Ayurveda as an Ayurvedic Health Educator. Chelynn is currently in her second year at the CA College of Ayurveda where she is pursuing certification as an Ayurvedic Practitioner. She has studied with renowned teachers such as Maya Tawari and Dr. Vasant Lad, and continues her training with a focus on Ayurvedic Therapeutics. Chelynn offers Marma chikitsa, shirodhara, and shila abhyanga (Hot stone massage) as part of her services.

The workshop combines Yoga and Ayurveda, two great sister traditions for mastery of mental and physical energy to achieve optimal well-being. Beginning and advanced yoga practitioners welcome.

$35 /$30 (students). Advance registration requested, walk-ins if space allows.

For more information and to register: 413.210.9078 or lutseeyeh@gmail.com

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