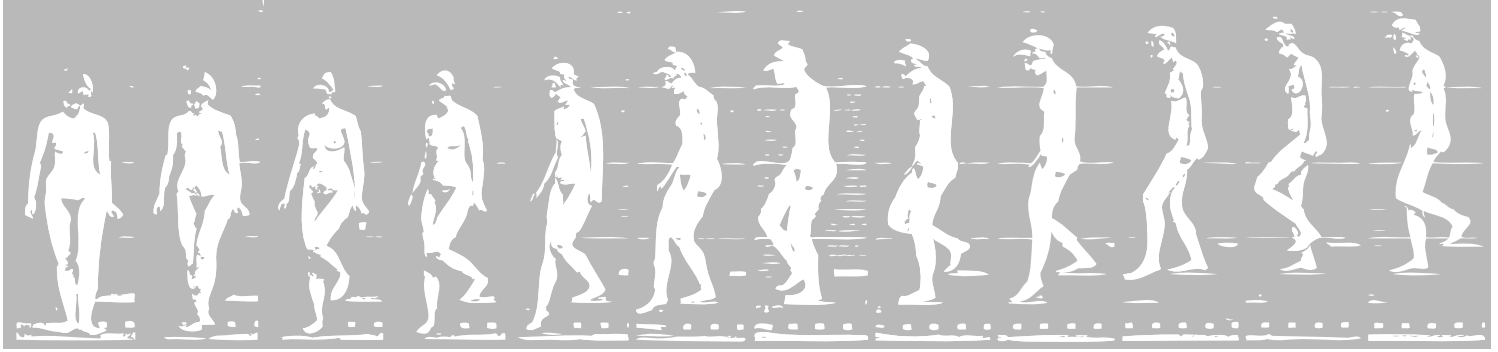


Our walk is the template for *tadasana*; the template for all postures.



## Walk Yourself Well

Saturday : September 25 : 1 – 5pm : \*\$85

The way we walk reflects our strengths, weaknesses, and flexibility; it is both a symbolic and actual representation of our emotional and spiritual interactions with the world. With the understanding that each walking step is the frame for how we practice *tadasana* and how that *tadasana* is within every asana, it follows that walking is the frame for it all! Bringing consciousness to your walking mechanics thus becomes the perfect jump-off point to integrating your body, mind and spirit.

With this class you will:

- learn ways to heal various structural aches and pains
- create deeper balance by shifting simple components of how you walk.
- learn how your normal ways of moving/walking repeat themselves in every asana and how to modify them to be more efficient, safe and spine stabilizing.



*Sherry Brouman has been a physical therapist for 37 years and is the author of **Walk Yourself Well**, (Hyperion 1998). She is also a yoga teacher, teacher trainer and yoga therapist with a focus on fluid movement. Sherry teaches*

*internationally and has recently created a yoga therapy clinic designed to link physical therapy and yoga therapy. You can learn more about Sherry and her work on her website: [www.sherrybrouman.com](http://www.sherrybrouman.com)*

*\*Workshop fee is \$85/class if registered before 9/15. Registration after 9/15 is \$95. Register by mail or through our website, checks payable to Maya Lev.*

## Gait for Yoga Teachers

Sunday : September 26 : 1 – 5pm : \*\$85

Yoga asana and walking can use and supplement natural movement patterns whose softness comes from the center and moves outward. Practicing yoga we bring a whole set of movement nuances, predominantly derived from the habits in how we walk. As teachers, we often adjust a student's asanas, only to observe the student's unconscious habits instantly return as they walk across the studio!

In this workshop, teachers will learn to observe and understand common movement patterns in walking that will prove to be predictors for how students move (or become stuck) during asana practice.

The workshop is in three stages:

- 1) Evaluate elements of posture/*tadasana* as predictors of gait or transitional movement in yoga practice and their probable resultant structural vulnerabilities in order to choose corrections and shift to deeper balance.
- 2) Recognize these patterns to uncover strategic movement compensations. Compensations become asymmetries in gait and asana similarly.
- 3) Re-balancing will consist of simple gait corrections designed individually to literally remodel the gait pattern and therefore asana as well. Finally, we will choose asanas to help corroborate specific gait changes and help to assimilate the newly established gait pattern.

Yoga Center  
SANTA CRUZ



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