

Simon Park at Yoga Rasa!



Fluid Power

Saturday, November 29 9 am – Noon



Body Enlightening Thai Yoga Massage

Saturday, November 29 1:30 – 4:30 pm



Surfing the Vinyasa Wave

Sunday, November 30 10 am – 1 pm

ABOUT SIMON PARK

Simon Park is an effervescent student of Vinyasa Yoga and Thai Massage. Drawing inspiration from many yogic styles and master teachers, he has developed a truly unique and energetic practice. Simon has taught Yoga and Thai Massage workshops nationwide and assisted extensively with his first teacher Shiva Rea. He has been featured in New York Times and Yoga Journal for his whimsically wayward twist on ancient practices. Nomadic by nature, he travels the world to celebrate the pulse of the global yoga community.



Registration Information – Call Now: 713-941-YOGA!



All Three Events:

\$138 early bird, \$158 regular registration

Early Bird Deadlines: \$50 deposit due by 9/1, balance due by 10/1

Individual Workshops: \$55 each

Yoga Rasa • 3800R Spencer Hwy • Houston/Pasadena, TX 77504

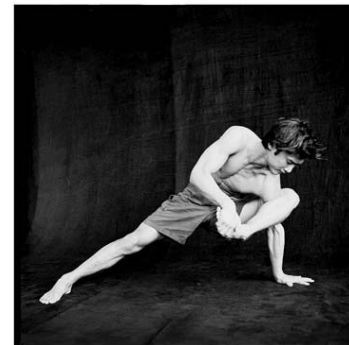
Phone: 713-941-9642 • Website: www.YogaRasa.net

ABOUT THE WORKSHOPS

Fluid Power - Embodying Wave Motion Within Vinyasa - The physicists and the sages have agreed that life is in dynamic motion (spanda-shakti). From the water with which our fluid bodies are comprised, to the sub-atomic quantum field, wave motion is the expression of life. Explore the three part approach within Prana Vinyasa Flow to thawing asanas and awakening the natural, healing power of wave motion in a dynamic, rhythmic flow that intelligently challenges all levels of yogic surfers.

Body Enlightening - Experience a flowing blend of traditional Thai Massage, partner yoga, and gravity-free bodywork. The sequence that we will practice as a group is easy to learn and very effective. Also learn yogic flying, where a person is suspended from hands and feet while being assisted into yoga postures to create spinal freedom. Come alone or bring a friend to learn these amazingly fun and body enlightening moves!

Surfing the Vinyasa Wave - Experience the latest evolution of Prana Vinyasa(TM) Flow: dynamic asana, creative flows, and integrated pranayama as a moving meditation that will tune and tone you from the inside out while giving you the tools for navigating life's changes with grace, power, and confidence. We will explore several vinyasa waves of multi-dimensional sequences-intelligently unfolding an evolution of movement meditation, fluid namaskars, backbends, arm balances and hip opening to understand the underlying flow of prana.



Registration – Simon Park (11/29-30/08)

ALL EVENTS -or- Individual: Fluid Power Body Enlightening Surfing the Vinyasa Wave

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature

Date