

## Wendy @ Sally's Studio, February 2009

### Thursday 5th

(Call Sally: 2982 4301)

p.m.: **1** Nurturing the Inner Butterfly: Brief but fluid Yoga asana practice followed by Yoga Nidra

Friday 6th .....Yoga Central, 5 - 7 p.m.

Saturday 7th .....Yoga Central: The Flowers of Yoga

### Sunday 8th

a.m.: **2** A Journey through the Chakras - Chanting the seed syllables through the chakras with slow and meditative Asana, Pranayama, Mudra and Bandha.

Power Station Beach/studio:

5:00p.m. **3** General Yoga

### Monday 9th

a.m.: **4** The Power of Shakti - Yoga practices for Women

p.m.: **5** The Dance of Shiva - Flowers of Belief, Fruits of Experience - Natarajasana, Mudra, Bandha and Pranayama

### Tuesday 10th

a.m.: **6** Cultivating Inner Fire - backbends and counter-poses

p.m.: **7** Instilling a Point - Stretching to the West or Yearning for the East? - arranging a meeting place between the two - Paschimottanasana and variations, Ustrasana, Jathara Paravrittanasa, Pranayama, Maha Mudra.

### Friday 13th

a.m.: **8** Who am I? Ma Aham - chanting through the energy bodies with meditative Asana.

### Saturday 14th

a.m.: **9** Which Way does a Tree Grow? - Sending Roots into Space - Vrksasana, Eka Pada Rajakapotasana, Adho Mukha Vrksasana, Mudra, Bandha, Pranayama & Relaxation.