



Long Island Yoga Association

March Workshop

Saturday, March 13, 2010

10:00 a.m. to 2:00 p.m.

The United Methodist Church

407 Main Street, Farmingdale, NY 11735

Strong Core and Open Hips With Charles Matkin

Enliven your core and open your hips to frolic through life! In this comprehensive workshop, learn to cultivate intelligent and integrated yoga alignment for a stronger core and flexible hips. Leverage the strength of your core to dig deeper into the tightness of your hips in order to soothe your mind and achieve less resistance in the world. Linking the musculature above the psoas muscle to the musculature below the psoas transcends the division between stability and openness. Stabilizing your core is a way to surpass any postural imbalances that result from compensations from past injuries. Opening your hips helps you create a better connection to the earth; this is fine-tuning for your stance. It's the magic of psoas muscle as a connector that it grounds us to the earth below so that we can open up to the heavens above.

In February of 2008, Yoga Journal named Charles one of the nation's top 20 yoga instructors. Charles is a third-generation Yogi originally from Vancouver, Canada and was formally instructed in yoga and meditation since he was five years old. He received his Bachelor of Arts in Biology and Chemistry from Maharishi International University, which included training in Ayurveda. He brings to his teaching the lightness of a dancer's grace and the wit of a comic. His multi-faceted yoga training includes teacher certification from Yoga Zone, Jivamukti, and extensive training in the Iyengar approach to Yoga. Charles is sought out not only for his gifted intuition in regards to mindful alignment and powerful yoga classes but also for the wisdom in yoga therapy from athletes to cancer patients. Charles teaches classes at Yoga Works in Manhattan, he has presented at Yoga Journal conferences, as well as Omega and Kripalu. He is also known from the Yoga Zone TV shows and over 30 yoga videos & DVDs. In his style is well rounded; he teaches therapeutics, popular & active classes, and yoga teacher trainings.

Bring yoga mat and 2 blankets.

Registration begins promptly at 9:45 a.m.

A light vegetarian buffet will be served at 1:15 p.m.

Please bring a non-perishable food item for donation to a local food pantry.

REFUND POLICY: If you pay a workshop fee in advance and then find you cannot attend, **credit will be applied to the next month's workshop or, if you have paid for that workshop, then credit will be applied to the next unpaid workshop. If the credit is not used at that time, it will be forfeited and placed into the Retreat Scholarship Fund.** However, you **MUST** send in your registration and mark it "**credit from last month.**" If we do not receive your registration, we cannot reserve a space for you. In addition, you **MUST** notify us a minimum of 48 hours prior to the event if you are not attending. Failure to give us 48 hour advance notice at (631) 261-1777 will result in forfeiture of workshop fee.

Long Island Yoga Association

PO Box 657, Northport, NY 11768

Phone: 631 261-1777 Email: longislandyogaassociation@yahoo.com

Website: longislandyogaassociation.org

Please make checks payable to: LIYA

Mail to: Workshop Registrar, LIYA, PO Box 657, Northport, NY 11768

I will attend the March 13 workshop (member) \$30 enclosed/\$35 at the door.

I will attend the March 13 workshop (non-member) \$45 enclosed/\$50 at the door.

I will attend the March 13 workshop. I have a credit from last month.

Pictures of this workshop may be used in the SATSANG or on the website. Please notify LIYA if you do **NOT** want your photo used. **If you are NOT notified, your registration has been accepted. We will see you at the workshop.**

Name _____ Phone _____

Address _____ Zip _____ Check# _____