

Karma, Practice & Transformation: A Vinyasa Intensive Weekend & Teacher Training with Rolf Gates

October 24th-26th, 2008

Don't miss this opportunity to study with teacher and author Rolf Gates, recently named in *Travel and Leisure's Top 25 Yoga Studios Around the World!*

Rolf Gates, author of the acclaimed book on yogic philosophy "Meditations from the Mat: Daily Reflections on the Path of Yoga" (Random House) conducts Vinyasa Intensives and Teacher Trainings throughout the US and abroad. His classes are a synergy of the dynamic freedom of a powerful vinyasa class and the structural integrity of therapeutic alignment. A former social worker and US Airborne Ranger who has practiced meditation for the last sixteen years, Rolf brings his eclectic background to his practice and his teachings.



Each asana-based session will include a powerful combination of asana, pranayama (breathwork) and meditation. **You will go deeper in your practice, but the only 'requirement' is that you show up, do your best, and let your best be good enough.**

SCHEDULE

Friday, October 24th: 6pm-9pm

Saturday, October 25th: 2-5pm

Sunday, October 26th: 2-5pm

Sunday, October 26th, 9am-noon

Teacher Training: The Art of Sequencing (*open to yoga teachers and passionate students--description below*)

COST

\$75 for any single session (Intensive or Teacher Training)

\$140 for any 2 sessions

\$200 for any 3 sessions

\$250 for the entire weekend (Intensive and Teacher Training)

Yoga Alliance credit is available for all Sessions

LOCATION: Hot House Yoga Norfolk Studio

Teacher Training: The Art of Sequencing

October 26th, 9am-Noon

Asana are not words like *triangle* or *plow*; they are experiential *mindbody* events that speak to us in a synergy of sensation, emotion, and understanding. The Yoga teacher, drawing from her own experience of Asana, leads her class through a series of these "mindbody events" with the goal of enhancing her student's physical health, emotional well-being, and spiritual connection. The art of sequencing is the ability within the teacher to guide students through a technically correct sequence of postures while remaining empathically connected to her students; open to the opportunities that arise out of the dance between her own mindbody understanding and the present moment experience of her students. This training will be an introduction to the methodology Rolf has developed for combining a systematic approach to sequencing with the artfulness that invites spirit.

To truly realize the learning opportunity, it is recommended that participants also attend a minimum of one Vinyasa class session during the weekend.