

# Uniting Form & Freedom: Solstice Yoga Immersion Weekend with Amy Cooper

June 23-25, 2017  
Friday pm-Sunday am

Cost: \$100./weekend (by 6/9; \$125. after); Drop-in as space allows: \$30/class

*~An Immersion Format to Reset your Inner Compass~*



*Amy Cooper, ERYT-500 has been teaching yoga since 1981. A graduate from the Iyengar Yoga Institute in San Francisco, Amy teaches Iyengar Vinyasa yoga which honors the lineage of Krishnamacharya and blends the precision of Iyengar's teaching with the grace of a spacious flow. Her deeper dedication is to an ongoing inner investigation of the Self and incorporates embodied anatomy & meditation to cultivate an awakend body/mind/heart presence. Amy is founding director of the Shasta Yoga Institute and the 200-hour Yoga Alliance registered VajraPani Yoga Teacher Training program.*

**THE WEEKEND:** As we let go of the external distractions of our busy lives, support is given for cultivating receptivity to the moment just as it is and to refining awareness.

Uniting stillness and movement & held by the meeting of mountain & water, this weekend immersion will explore the body and mind's interconnectedness with nature, our intuitive depth of knowing, through yoga postures, conscious breathing & meditation. To support Self-inquiry, enhance energy flow and balance stability & freedom, a spacious pace & restorative poses will be integrated throughout the weekend. An optional wilderness experience to nearby waterfalls is also offered on Saturday afternoon for weekend participants.

## Weekend Schedule

**Friday ~ 5-7 pm:** Intrinsic Balance:  
Balance Poses & the 3 Diaphragms

**Saturday ~ 7:30-8:15 am:** Meditation;  
8:30-10 am: Sacral Nutation, Spinal  
Extension & Freedom in Back Bends  
(12:30-4 pm: Waterfalls Hike w/Amy)

5-7 pm: Stretching the West Side; Forward  
Bends & Releasing the Back Body

**Sunday ~ 7:30-8:15 am:** Meditation;  
8:30-10:30 am: The Shoulder Girdle &  
Support Strategies for Arm Balances  
& Inversions

**REGISTRATION: (530) 859-5433 or [shastayogacenter@gmail.com](mailto:shastayogacenter@gmail.com)**

Send check to "Shasta Yoga Institute"; P.O. Box 968, Mt Shasta, CA. 96067 OR to use PayPal:  
[shastayogacenter@gmail.com](mailto:shastayogacenter@gmail.com) **Limited to 20 participants so REGISTER ASAP!**