

3 HOUR WORKSHOP WITH LANCE SCHULER

TAURANGA YOGA CENTRE PRESENTS A WORKSHOP WITH LANCE SCHULER

*"Explore the Theory,
Practice and Transformation
of Asana Sequencing"*

Date: Saturday 16/03/2013

Time: 11:30am—2:30pm

Tauranga Yoga Centre

Elizabeth Street West

Cost: \$50 members and
\$65 non members

To Register:

Email
info@taurangayoga.org.nz

Send an email with all your contact details: Name, postal and email addresses, land and mobile numbers AND make payment via internet banking to:

Tauranga Yoga Centre 38 9004
0616591 00

(use payment code 'LS
TYCwksp')

Please advise of your internet payment by emailing
info@taurangayoga.org.nz

Snail Mail: TYC PO BOX 191
Tauranga 3114

Please include all contact details and enclose; a cheque payable to: Tauranga Yoga Centre for LS. W/SHP.

Abdominals, Standing Postures and Surya Namaskar

These postures are in many ways the perfect microcosm of the practice as a whole.

Develop and deepen connection to these uplifting and powerful sequences. Learn how to break them down into recurring themes of breath and alignment.

Hip opening and pelvic stability

Discover the importance of alignment. Enhance pelvic stability and "unlock" the hips, helping to free the inner self so the spine is vibrant, the mind clear and the heart spacious.

Chest/Shoulder and Upper Body Postures

Following a systematic sequence of postural integration techniques, cultivate upper body strength and mobility, creating a sense of empowerment, resilience and devotion.

Inversions and Back Bending postures

Discover the transformative and powerful nature of inversions and back bending postures. These postures sequenced safely provide the student the ability to develop a confident and enthusiastic approach to their practice.

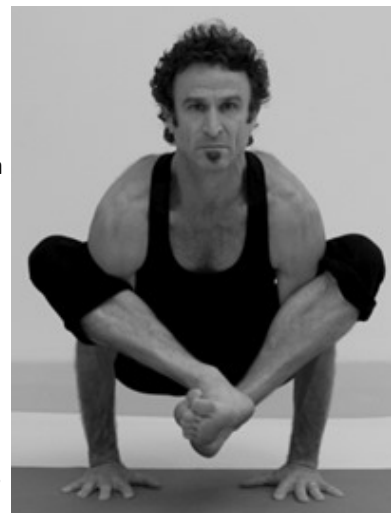
Lateral/twists Forward Bending Postures

Experience the subtle yet potent effects of stimulating and nurturing the spinal column and central nervous system. By sequencing these postures effectively and creatively, one invites the opportunity of deep and inner perspectives.

ABOUT LANCE SCHULER

Lance is the director and owner of INSPYA - Integrated South Pacific Yoga Academy. After a lifetime of personal practice and teaching experience, Lance developed the unique synergy of Vinyasa and Iyengar styles that is primarily taught at Inspya. Inspya Yoga is a dynamic blend of balance, strength, flexibility and endurance. Lance qualified as an Iyengar yoga instructor with the Australian School of Yoga in Sydney and has been a teaching instructor for 20 years. The Inspya team now conducts teacher training programs and workshops all over Asia, Europe and the South Pacific. Lance also has special interests in martial arts, acrobatics and meditation.

Lance was raised on a farming property in Tauranga NZ. At a very young age he was introduced to Martial Arts by his father. A discipline which would later help to steer him towards the path of yoga, Lance was on the New Zealand Judo team. Believing that the body was a tool into the inner being—he pursued activities which used the physical body. Together with his brothers, Lance started the first white water rafting business in New Zealand. Together with the Inspya team, Lance now conducts regular teacher trainings in Australia, New Zealand, Malaysia, China and Germany.



Disclaimer: All participants must understand that there are risks involved in participating in all physical activities and that when attending yoga events they must assume full responsibility for their own safety and care. Tauranga Yoga Centre 2013