

# SPINAL INTEGRATION:

## A 5-DAY YOGA WORKSHOP:

## WITH DONNA FARHI:

The spinal column is the central axis of the body and when aligned with integrity allows the human being to form a conducting rod between the forces of heaven and earth. In this intensive we will explore the anatomy, kinesiology and functional movement of the spine learning how to practice Yoga postures with greater efficiency and thus less strain on the back. We will focus intently on the correct transmission of force through the sacro-iliac joint and how to both prevent and alleviate discomfort in the lower back and pelvis. We will also investigate the way in which human developmental movement patterns can offer central support for the spinal column and how engaging these patterns can create ease and fluidity not only in the spine but throughout the whole body.

This workshop is for anyone who has been practicing Yoga consistently for at least a year and is especially recommended for teachers working with others. The focus of this workshop will be on creating spinal health through integrated movement throughout the whole body. Participants can expect to come away with new insights as to how to both create and maintain a healthy back.

**Please note:** Those with spinal problems accompanied by mild chronic pain who are already receiving ongoing Yoga instruction are welcome to attend but this workshop is not suitable for those with acute back pain. While Donna will make every effort to help individuals with specific spinal problems participants need to respect the limits of what can be attained within a group class in a short period of time as contrasted to ongoing one-on-one Yoga therapy.

Class numbers will be limited for this engagement and depending on numbers Donna will have at least one experienced teaching assistant to help participants integrate the material.

Donna Farhi is a Yoga teacher who has been practicing for 30 years and teaching since 1982. She is one of the most sought after guest teachers in the world, leading intensives and teacher training programs internationally. Donna is best known for her unique ability to help students and teachers embody their spiritual practice. Her work focuses on the refinement of natural and universal movement principles that underlie all Yoga practice. This concentration on fundamental principles allows student of all levels of experience and from all traditions to build their own authentic Yoga practice.



Donna has been the asana columnist for both *Yoga Journal* and *Yoga International Magazine* (U.S.A.), and has been profiled in three separate publications on outstanding contemporary teachers of our time. Donna is the author of the contemporary classic, *The Breathing Book*, *Yoga Mind, Body & Spirit: A Return to Wholeness* and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is due to be released by Rodmell Press in January 2007. American Born, Donna now resides in Christchurch, New Zealand where she pursues her passionate love of horses.

# WORKSHOP SCHEDULE

**Please note:** There will be no partial enrolment for this intensive. Early registration is recommended as there are limited places available.

- Friday, October 22, 2010 - 6:00 PM to 8:30 PM
- Saturday, October 23, 2010 - 9:30 AM to 12:30 PM & 2:00 PM to 4:30 PM
- Sunday, October 24, 2010 - 9:30 AM to 12:30 PM & 2:00 PM to 4:30 PM
- Monday, October 25, 2010 - 9:30 AM to 12:30 PM & 2:00 PM to 4:30 PM
- Tuesday, October 26, 2010 - 9:30 AM to 12:30 PM & 2:00 PM to 4:30 PM

## VENUE

Three Rivers Yoga  
 411 Mill Street  
 Coraopolis, PA 15108  
 Phone (412) 262-5445  
<http://www.threeriversyoga.com>

## WHAT TO BRING

Yoga mat, belt, block, 3 blankets and a bolster (if you have one)

It is suggested to purchase a gertie ball and stillpointer for this workshop. You may purchase these items together for \$45.

## FEES

**Full workshop:** \$525; Early Bird Price before 9/1/2010-\$450

## CANCELLATION POLICY

Events: For cancellations 21 days prior to event, full refund minus \$25.00 administrative fee. For cancellations within 21 days of scheduled event, no refund will be issued unless your place can be filled from the wait list.

## FOR MORE INFORMATION OR TO REGISTER

Phone (412) 262-5445

Please mail your cheques made out to THREE RIVERS YOGA to:  
 Three Rivers Yoga  
 411 Mill Street  
 Coraopolis, PA 15108

Registration via Three Rivers Yoga online store at:  
<http://www.threeriversyoga.com>



# REGISTRATION FOR THE DONNA FARHI WORKSHOP 2010

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Post Code \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_

I have enclosed a cheque for \$ \_\_\_\_\_

