



THERESA MURPHY

SENIOR PRAJNA TEACHER
at SAVANNAH YOGA CENTER

MAY 25-27, 2012

\$180 before May 15/\$220 after

Friday 6-8pm - Unwind the Spine \$35

Many people experience upper back and neck stiffness during the day, additionally lower back compression is so common in our culture-- 85% of our society suffers from low back pain at some point in their lives. Typically this pain is due to asymmetrical strain patterns, i.e excess tightness on one side of the body. The class aims to release constriction in the sacral, lumbar, thoracic and cervical areas through gliding and rocking and stretching movements. In particular, our aim is to unglue the tightness in the muscles, tendons and ligaments by irrigating blood into the spine and sacrum.

Saturday 9am-12 - Deep Front, Open Back \$50

To safely bend the body backwards the most fibrous tissues in the front body must be soft and receptive. In this class we'll work deeply in the caverns of the front of the ankles, hips, and belly to service the elongation needed for back arching with ease and joy.

Saturday 2-5pm - The Art of Inverting \$50

Because of the way that the heart and lungs are nourished, going upside down is an invaluable way to elevate one's spirit. We'll lay a stable foundation for students so they can then build the confidence and self-trust to do inversions safely; yoga teachers will learn a sequence to prepare their own students for inversions.

Sunday 9am-12 - Hip Joint Elixir \$50

The name for the hip socket in Greek is acetabulum, which means "wine cup". This class will explore ways to generate fluidity in the hips through both mobilization and stabilization techniques.



Theresa Murphy, ERYT-500, is a senior Prajna Yoga instructor under Tias Little. Her style and approach to teaching is unique, blending classical alignment, with a myriad of yoga asana disciplines and traditions. Theresa is currently a student of the Insight Yoga Institute, a 750 hour program directed by Sarah Powers, studying spiritual psychology, Ayurveda, Chinese medicine, Yin Yoga, Taoist Yoga and Shadow Yoga. She has been teaching yoga since 1998, practicing the disciplines since 1989, studying the wisdom teachings since 2000. Her classes are fun, challenging and uplifting, taking you places you never thought you'd go!

Theresa is currently a resident at Providence Zen Center in Rhode Island, you can read more about her and her offerings at www.TheresaMurphy.net.



Registration: www.savannahyoga.com 1319 Bull Street Savannah GA 31401 912232.2994