

# Doug Keller

## “The Therapeutic Wisdom of Yoga: Rewriting the Story of Our Health”

May 5-6

Trinity United Church, Charlottetown

\$230 early bird until April 6

\$260 after that

includes hst

**NEW FORMAT for 2017**

**Begins Friday 6:00 PM**

**Ends Saturday 8:30 PM**

- We will explore common pain problems related to the neck, shoulders, elbow and wrists, learn to recognize postural habits and ‘movement impairments’ that contribute to these problems.

(A much-requested issue in this vein is the problem of ‘text-neck’ and overcoming it!)

- The asana practices will include simple exercises and releases, as well as ways in which these problems and limitations can be addressed through the arm and head positions practiced in the asanas themselves — including through the use of props and variations.

- Our treatment of the health of the spine and upper body as a whole will include a look into scoliosis, with principles regarding asymmetries in the body that will be helpful to all. This will be an insightful look that will add new dimensions to practice, including the pairing of intentional breathing to realignment actions in asana.

- The weekend will include work with rotations of the arms and ‘shoulder opening’ as a vital contribution of yoga practice, as well as principles for working in the lower body.

**May 5 Friday Evening**

**6:30 – 8:30 PM**

### ‘The Head is the Foundation’

Traditionally we think of the foundation of the body — in yoga and in our posture in life — in terms of the foundation set by the feet (and how the bones are ‘stacked’ above it). But we can also look at freedom and spaciousness in posture and movement in terms of the placement and movement of the head upon the spine, with the maxim, “As above, so below.”

This asana session will focus on alignment and actions of the head and neck — and with them, of the shoulders — and how attention to strengthening and the release of tension can bring greater freedom and better alignment in the rest of the body, particularly in the low back, sacrum and hips.

The guiding principle will be the essence of ‘Jalandhara Bandha.’ and how to work with preparatory exercises and releases, as well as how to practice poses and effective variations in poses to achieve better alignment, greater strength, and reduction of neck and shoulder pain.

The evening will also introduce an understanding of the asymmetries — side-bends and rotations of the spine that affect the rib cage, neck and shoulders — that are typical of scoliosis and yet present to a much lesser degree in many of us who do not have scoliosis, but experience pain and difficulties from more

subtle versions of these asymmetries.

The themes covered in the evening session will be carried forward in the practice session Saturday morning.

- the basic **principles of shoulder alignment** in relation to neck actions that will be carried through the following sessions on the shoulders.
- the major muscles of the shoulder girdle are the ones we use — and overuse — most often, giving us neck pain and shoulder pain, including rotator cuff problems as well as upper back pain.
- we will explore how to balance the use of these muscles, starting principally in Standing Poses and non-weight bearing poses for the arms to develop the strength and healthy alignment of the upper back, and overcome pain problems.

## **May 6 Saturday Morning**

**9:00 am – 12:00 PM**

### **Healthy Shoulders:**

**Working with the Big Muscles of the Upper Back, Neck and Shoulders, as well as the ‘Rotational’ Muscles Impacting the Wrists and Elbows**

The major muscles of the shoulder girdle are the ones we use — and overuse — most often, giving us neck pain and shoulder pain, including rotator cuff problems as well as upper back pain.

- We will continue to explore how to balance the use of these muscles in Standing Poses and non-weight bearing poses for the arms (including floor poses such as twists, forward bends and simple backbends) to develop the strength and healthy alignment of the upper back, and overcome pain problems.

*And* we will refine the work by focusing on the deeper ‘Sutras’ lines of muscles from the hands and forearms we use for rotations of the arms and weight bearing poses such as the downward dog.

- We will explore healthy hand actions and stretches that support the strength and well-being of the wrists and elbows, as well as variations on rotations of the arms that promote better shoulder health, particularly in the face of rotator cuff problems.

## **May 6 Saturday Afternoon**

**1:30 PM – 4:30 PM**

### **Challenges in The Lower Body, with Extra Love for the Hips and Knees**

The problems we face in the hips and knees are related — by the muscles that connect them together, as well as by our patterns of movement; and the low back and sacroiliac joints are impacted as well.

In this session we’ll look at the most significant of those muscles, and their effects on these parts of the body in the most fundamental poses — with greater emphasis on floor poses, though standing poses will be included.

Our inquiry will be helpful to both the ‘stiff’ and the hypermobile, with plenty of practical suggestions as to how to emphasize certain actions that will make the poses more ‘doable’ as well as more stable and safe.

**May 6      Saturday Evening**

**6:30 PM - 8:30 PM**

**Practical Breathing, Deep Relaxation and Meditation:  
Pranayama and the Vayus as the Power Behind the Breath**

Early treatment of the 'Prana' in the Upanishads included reference to the 'Vayus' or energies of the breath/Prana that function in practical ways in maintaining the health of the body, as well as providing a gateway into deeper meditation through focus on the breath.

These ideas were not developed further until centuries later in the hatha yoga texts, which expanded upon the idea and the practice of the 'Vayus' in connection with pranayama. The effect was rather revolutionary in a very experiential way when incorporated into evolving ideas of 'Laya' Yoga, which included Yoga Nidra as a deeper path into meditation.

We will find in this session how awareness of the 'Vayus' — applied in simple preparatory practices for energizing them in preparation for pranayama and meditation — can deepen our experience of these practices as intuitively natural and spontaneous.

The practices introduced will lead us into simple and foundational pranayamas, followed by a deep and satisfying session of Yoga Nidra, based on the principles of the earliest texts teaching Yoga Nidra.

**Application and payment options are on the next page!**

**Ruth Richman 902-969-3102**

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DOUG KELLER – May 5-6, 2017 Trinity United Church, Charlottetown

Early Bird until April 6: \$230 inc. hst

Full price \$265 inc. hst

**Individual sessions:**

1. Friday 6:00 – 8:30 PM: **‘The Head is the Foundation’** \$70 early bird (\$80 March 16)
2. Saturday Morning 9:00 AM – 12:00 PM: **Healthy Shoulders: Working with the Big Muscles of the Upper Back, Neck and Shoulders, as well as the ‘Rotational’ Muscles Impacting the Wrists and Elbows** \$75 early bird (\$85 March 16)
3. Saturday Afternoon 1:30 PM to 4:30 PM: **Challenges in The Lower Body, with Extra Love for the Hips and Knees** \$75 early bird (\$85 March 16)
4. Saturday Evening 6:00 - 8:30 PM: **Practical Breathing, Deep Relaxation and Meditation: Pranayama and the Vayus as the Power Behind the Breath** \$70 early bird (\$80 March 16)

all prices include hst

Name

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Address

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E-transfers accepted: [yogaink@icloud.com](mailto:yogaink@icloud.com) answer: dougkeller

Cheques to: Yoga Ink Mailed to: Ruth Richman, General Delivery Georgetown, PEI C0A 1L0

The small print: Full refund up to April 15, 2017.

25% deducted April 16-May 4

No refunds for no-shows

**Yoga Ink – Ruth Richman 902- 969-3102**

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