



Saturday, January 12th &  
Sunday, January 13th, 2013

SHALA YOGA ACCRA

Contact

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Elonne Stockton is a student of OP Tiwariji, Paul Dallaghan and Richard Freeman. She is Program Director and Senior Teacher at Samahita Retreat (<http://www.yoga-thailand.com/>). She has been working there full-time since 2009.

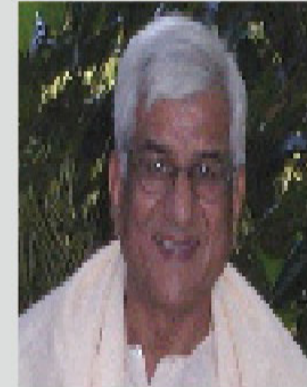
For ten years Elonne has taught yoga around the world, and she has been practicing yoga since she was a teenager. The more she learns and the longer she teaches the more she realizes she has only begun. For a complete biography:

<http://www.yoga-thailand.com/yoga-instructor.html>

## On Breath, Asana/Postures & the Origins Practices and

- Date: Saturday, January 12th & Sunday, January 13th, 2013
- **Morning Sessions:**
  - 9:00am-12:00pm
  - Meditation and Intention Setting, Basic Mantra Work, Breathwork-Basic Pranayama and Led Asana
- **Afternoon Sessions:**
  - 2:00pm-5:00pm
  - Saturday - Fundamentals of Breath and Asana (Discussion and Workshop followed by Restorative Asana and Afternoon Breathwork)
  - Sunday - 8:30 - Origins of Yoga and its Application in Modern Life
  - (Discussion and Workshop followed by Restorative Asana and Afternoon Breathwork)

## of Yoga: A Deeper Look at the Specific Background of Hatha Yoga



The mornings will start with meditation, intention setting and basic mantra work. Afterwards we will practice breathwork – basic pranayama (from the OP Tiwariji and Kailiyadhama tradition), followed by led asana. The afternoon sessions will be a combination of discussion and workshop, followed by some restorative asana and afternoon breathwork. In the discussion and workshop sessions we will learn about some fundamental principles of proper breathing and alignment. We will also explore where the practice of yoga comes from, how we can apply these teachings to a modern framework and how we can fit