



GUDMESTAD  
YOGA TRADITION

*Paxson Yoga Center*

## Fall 2020 Special Focus Classes

### **PLAYING WITH YOUR DOG**

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Sat, Oct. 17	1:00pm – 3:00 pm	Levels 2 & above	Hope	\$35
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Downward Facing Dog (Adho Mukha Svanasana) is one of the foundational poses of any yoga practice. Not only is it an excellent transition pose, it is very difficult to label: sort of a forward bend, sort of a back bend, sort of a standing pose, and sort of an inversion – definitely not a twist! It can provide both energizing and calming qualities to your practice. Come play and discover new ways to explore your dog pose.

### **HIP OPENERS**

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Sun, Oct. 25	9:00 am – 11:00 pm	Strong Level 1 & above	Rachel	\$35
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Join Rachel in a 360-degree journey of hip opening poses/practices. We will stretch and strengthen all the muscle groups that support our hips, low back, and pelvis in a fun and playful way. You'll leave knowing what areas might be holding you back and with practical tools to assist you in your own practice.

### **MONTHLY RESTORATIVE: INTERMEDIATE**

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Sun, Nov. 1	3:00 pm – 5:00 pm	Strong 3-4 & above	Laila	\$30
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We continue our Fall Special Focus classes with a two-hour restorative class, geared towards Intermediate students. As we settle into the Fall season, take some time to turn inwards and focus on letting go. The traditional Iyengar restorative poses include inversions.

### **BKS IYENGAR'S FIRST PRINCIPLE**

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Sun, Nov 1	9:00am – 11:00 am	Levels 2 & above	Laila	\$35
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How often do you hear a cue in yoga, perhaps, "Lengthen your arm from the base of the thumb to the inner shoulder" and wonder, "Why did the teacher say that?" You don't have to be a student of Iyengar Yoga to benefit from this workshop. BKS Iyengar developed a series of "principles" that support these cues. Once it was explained to me both didactically and experientially, a light bulb went on for me! In this workshop, I will share this principle with you and we will practice poses using this principle and cues derived from it. My hope is that you will have a similar "A-ha!" moment.

### **HEELS OVER HEAD: BEGINNING/ADVANCED BEGINNING**

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Sun, Nov. 8	12:00 pm – 2:00 pm	Strong Level 1 & above	Beth	\$35
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The phrase, "cooling, quieting, and calming to the nervous system," is often associated with classic inversion poses in our practice, but these poses may not be attainable by all students! If you are intimidated by the concept of inversions, this workshop will get you started. We will explore poses that have these desirable elements, without the physical strength and balance challenges.

**HEELS OVER HEAD: INTERMEDIATE**

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Sat, Nov. 14	12:00 am – 2:00 pm	Levels 3-4 & above	Beth	\$35
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The phrase, “cooling, quieting, and calming to the nervous system,” is often associated with classic inversion poses in our practice, but these poses may not be attainable by all students! If you are intimidated by the concept of inversions, this workshop will get you started. We will explore poses that have these desirable elements, without the physical strength and balance challenges.

**MONTHLY RESTORATIVE: ALL LEVELS**

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Sun, Nov. 15	3:00 pm – 5:00 pm	All Levels	Denise	\$30
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Focus on grounding and letting go. This restorative practice will help settle your nerves and open key areas of your body for rejuvenation and recovery.

**A TASTE OF ANATOMY: FOOT AND ANKLE**

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Sat, Dec. 5	10:00 am – 12:00 pm	Levels 3 & above	Julie	\$60
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After a lifetime of wearing shoes, most Westerners come to yoga with stiff toes, poor foot awareness, and weak support muscles in our arches and ankles. In this class, we’ll start by improving our foot awareness, helping you learn about any misalignments and bad habits you may have. We’ll then move on to simple exercises to build strength, flexibility, and balance in your feet, whether you have flat feet or excessively high arches. Finally, we’ll apply your new alignment awareness to common standing poses.

*\*\*This course is appropriate for our Level 3 students and above, or anyone with at least a year of practice. It is not eligible for the New Student Discount.*

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**PRIOR REGISTRATION & PAYMENT IS REQUIRED.** All of these classes will be happening online, over Zoom. You will receive the Zoom link when you register for class, and again the day before.

Payment can be made through our website or through Mindbody. If you are mailing a check, please allow extra time for delivery and processing. Please make checks payable to Paxson Yoga Center and send to 6840 S. Macadam Ave, Portland, OR 97219.

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**Registration Form** (Pre-registration is required)

Class Title	Date	Cost
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I've included my payment for \$ \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_