

# Introduction to Ashtanga Fundamentals

A Workshop with Debbie Saag

Have you done yoga in the past, but are now looking for a more physical challenge? Have you thought about trying Ashtanga, but been concerned that it might be too difficult? If the answer is yes, please consider joining me for a special three week Ashtanga Primary Series Workshop.

Ashtanga yoga is a challenging, flowing practice synchronizing breath with movement through a set series of progressive postures to build strength, flexibility and stamina. In this workshop we will cover the main components of the Ashtanga Yoga system, Ujjayi breathing, use of the bandhas (internal muscular locks) and work in the Sun Salutations which are the foundation of the practice. Students will be introduced to the basic techniques and principles of Ashtanga Yoga as well as the asana sequence with modifications focusing on how to do the poses with good alignment. We will also look at the 8 limbs of yoga and how to incorporate this philosophy of the Yoga Sutras into our asana practice. This class will provide students with a foundation and preparation for full Primary Series.

**Saturday, October 10, 17 & 24, 2009 • 8:30-11:00 a.m.**  
**Workshop Cost: \$115.00 • Location: Midtown Studio**

Debbie has been practicing Ashtanga yoga for over 10 years. She is a certified yoga instructor from Yoga East, Louisville, KY. She has recently completed the 500 Advance Teacher training program at Charm City Yoga with Kim Manfredi. Through the leadership of her teachers, Debbie has developed a love and passion for teaching and practicing yoga. She has also had the opportunity to study with Shri K. Pattabhi Jois in California and NY, and with his grandson, Sharath. She has also studied with Ramanad Patel, Francois Raoult, Tim Miller, Richard Freeman, Doug Keller, Barbara Benagh and David Swenson, from whom she received another teaching certificate in 2002. When Debbie is not teaching or practicing, she is a freelance graphic designer and enjoys time with her family. Debbie teaches Astanga Primary Series at our Midtown studios.



## Ashtanga Fundamentals with Debbie Saag

To register, please fill out the form and write a check to Charm City Yoga or fill out the credit card information below.

Name \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Please bill my credit card for the following amount \$ \_\_\_\_\_  VISA  Master Card

Card number: \_\_\_\_\_ Expiration date: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_ Signature \_\_\_\_\_

**Towson Studio:** 7 Allegheny Avenue, Towson, MD 21204 ♦ **Fells Point Studio:** 901 Fell Street, Baltimore, MD 21231  
**Federal Hill Studio:** 37 E. Cross Street, Baltimore, MD 21230 ♦ [www.CharmCityYoga.com](http://www.CharmCityYoga.com) ♦ [info@CharmCityYoga.com](mailto:info@CharmCityYoga.com)

