

**Moksha Yoga Center
Teacher Training Thesis Projects 2017-18**

"Same Movement, Different Intention"

Andrea Rivera Maza

Saturday, December 16th, 2-4pm

at Moksha West Bucktown

What is Yoga? What is Dance? What do a dancer and a Yogi have in common? They both move. In this workshop we will analyze the differences and similarities between Yoga and Dance. Andrea believes that Dance and Yoga are the same because both disciplines use the body as their own instrument. Expect to dance, take a Yoga class and move. For more info follow her on Instagram @andreamoves.

"Yoga for Transformation through Grief"

with Andra Benson

Sunday, December 17th, 10:30am-12:30pm

at Moksha West Bucktown

You will learn different breathing techniques and a simple yoga practice to help you cope with the emotions of grief. You will also be given journal topics to take home with you so that you can continue this practice at home at your own pace. *Yoga for Transformation Through Grief* is appropriate for anyone who has suffered a loss and for all skill levels. I have used my personal yoga practice that I developed to help me deal with the death of my fiancé and books that I have studied on yoga for grief and trauma to create this program.

"Yes, and...Yoga"

with Melanie Tull

Saturday, January 20th, 1-2:30pm

at Moksha West Bucktown

In this workshop you will learn basic meditation, breath & yoga movements to prep you for improv & comedic performance. This is a beginner level yoga class with a lighthearted style. All are welcome! Come explore how your physical body is the vehicle for your mind's creativity. Learn techniques that will help you be in the moment, allowing you to make authentic character choices, and become a better scene partner. You will also learn how yoga movement can prep you for auditions, by calming & focusing the mind. Your body is your instrument for performance!

**"Svādhyāya: Mental & Physical Self-Study by Developing a Personal Ashtanga Practice" with Parisa Sbak
Saturday, January 27th, 11am-1pm
at Moksha Riverwest**

In this workshop, we will explore Ashtanga yoga, history and the lineage behind it. We will discuss self-study; how to learn about our body, physical and mental limitations, injuries and issues. We will focus on common issues including neck and shoulders, hamstring and knee problems and how to modify our practice based on what we learn from our body. This workshop will continue with an Ashtanga practice for a beginner practitioner.

**"How to Deepen Your Yoga Practice through Bandhas, Breath Awareness & Drishti" with Sofia Petukhova
Saturday, February 3rd, 1-3pm
at Moksha West Bucktown**

Yoga offers many tools to find truth, beauty, and sacredness in our lives. Sthana means to "stand firmly," as well as a "place of focus." Tristhana is three places of focus that provide grounding and support. Learn how bandhas, breath awareness, and drishti contribute to your practice and guide you to follow your dharma.

Offsite Thesis Projects:

**"Yoga Sthana: Building Yoga Poses from the Ground Up" with Steve Lind
Date: TBD
in Kerala, South India**

This workshop will showcase the basic techniques for practitioners to find their best grounding for yoga postures.

**"Yoga for Healthy Aging" with Jim White
Monday, December 11, 10:30am-12pm
815Yoga, 6250 E. Riverside Blvd, Loves Park, IL**

This workshop will teach you the various health benefits and key techniques to structure a safe and effective yoga practice to age gracefully.