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Group Therapeutic Yoga Classes

New Zoom Yoga Therapy Group Classes during Winter 2021



Relax & Energize

In this Zoom class, you will experience a mix of standing, seated and supine/prone poses that focus on flexibility, strength & relaxation. No props needed except for a Yoga mat, belt, chair, pillow and blanket.

Sundays 10?11:30 am PST

January 17 ? March 28, 2021

NO class on February 14, 2021, for Spring Break

Scroll down for Tuition

Sign Up Now! ^[1]

Balancing your Kapha Do?a this Winter: Yoga Therapy for Energy & Weight Management ? NEW CLASS

Winter through Spring is the time when Ayurveda?s *Kapha Do?a* is strongest in the mind, body, and emotions. This leads to heaviness, lethargy, lack of energy, melancholy, and weight gain, all part of the *Tamas Guna*.

In this new early morning Zoom class, we will work on getting stronger, managing our weight, and energizing for our day through Viny?sa/flowing & stay poses that build towards chair/floor sun salutations. This will encourage *Sattva*, Balance, the foundational aim of any Yoga practice. Please have the following props available: 2 Yoga mats, 1 chair, 1 wall space and 2 hard Yoga blocks/bricks to allow for Yoga Therapy adaptations to more challenging practices, which will be adapted for those in attendance.

Tuesdays, 7:30?8:30 am PST

January 19 ? March 30, 2021

NO class on February 16, 2021, for Spring Break

Scroll down for Tuition

Sign Up Now! ^[2]

Chennai Group Class for Private Yoga Therapy Students ? NEW CLASS - First Series FREE

When teaching groups in Mysore, India, Krishnamacharya would circulate amongst his students, offering individual feedback and modifications to a set series that has become known as A?tanga Viny?sa Yoga. In Chennai, India, where Maggie has been studying for 20 years, all Yoga Therapy is taught one-on-one. This new group class aims to blend these concepts together in a new way to support your personal home practice.

In this new early morning Zoom class, Maggie?s Private Yoga Therapy students will have the opportunity to practice their home practices in a group setting on Zoom while receiving private coaching and mentoring from Maggie. This is to support your home practice between private follow-up sessions with Maggie for practice revisions. **It is also open to all senior students of the Krishnamacharya-Desikachar lineage who have a personal practice** and desire weekly mentoring as well as *satsanga*, a community of like-minded yogi-s.

We'll start the class together with traditional chants/meditations for the first 10 minutes, and then Maggie will put you into your own *Break Out Room* where you can do your practice with Maggie popping in and out to observe you and offer feedback. You can also speak to her and ask her any questions about your practice at that time. You complete your practice whenever you like and may skip the group chanting at the beginning by muting your video & mic if it is

not of interest. **All private students and senior students in the Desikachar-Krishnamacharya lineage are welcome! Priority registration will be given to Maggie's private Yoga Therapy students.**

Class limited to 10 students per term to allow for individual attention.

Fridays 7:30-8:30 am PST

January 15 ? March 26, 2021

NO class on February 19, 2021, for Spring Break

Tuition is Free for your first series! On-going, Scroll down for Tuition.

Sign Up Now! ^[3]

Tuition Fees: A Sliding Scale during Challenging Times



- **10-Week Series:** \$105 to \$210 including taxes
- Students may register, by e-Transfer (Canada) or PayPal (internationally) to Maggie Reagh at maggie@yogatherapyinternational.com ^[4]
- After you register, Maggie will send you the link to join the series of classe

- **International Students** may send money from many countries via PayPal ^[5] if include all applicable transfer fees ^[6]. *Fees are based on the recipient's country and are lowest when you send the money from your bank account or PayPal balance.*

Overall Therapeutic Approach: Therapeutic Yoga small group classes are mainly focussed on minor aches and pains of the body-mind-breath continuum. Levels are mixed. The approach is gentle, but the outcome is powerful and transformative. Maggie will help you find your edge between not too hard and not too soft, differing for each individual. Props will be used when needed. Expect to be cared for individually, yet challenged to find what is best for you each day you come.

Every 2 weeks, we move from legs & feet (grounding) to hips (emotions) to lower back (empowerment) to upper back, neck & shoulders (love & light) to minds & emotions (spiritual awakening). Physical themes are linked with energetic-psycho-social-spiritual themes each week.



Students who are enrolled in the live Zoom class are asked to provide an intake//waiver before the series to clarify individual therapeutic needs. We also do a check in during the first 15 minutes of each class to clarify goals linked to the topic that day, and any other therapeutic

considerations for each individual. Maggie creates the class based on this daily needs-assessment and cues modifications for those in the class that day. You Tube Videos are posted after classes to allow for home practice.

Visit our YouTube channel to experience our library of free Zoom class videos [7].

Download the Online Zoom Yoga Therapy Form [8]

Sign Up Now [9]



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Links

[1]

<mailto:maggie@yogatherapyinternational.com?subject=Register%20for%20Relax%20%26%20Energize>

[2]

<mailto:maggie@yogatherapyinternational.com?subject=Register%20for%20Balancing%20your%20Kapha%20Do%20>

[3] <mailto:maggie@yogatherapyinternational.com?subject=Register%20for%20Chennai%20Class>

[4] <mailto:maggie@yogatherapyinternational.com>

[5] <https://www.paypal.com/ca/webapps/mpp/send-money-online>

[6] <https://www.paypal.com/webapps/mpp/paypal-fees>

[7] <https://www.youtube.com/channel/UCMJETbB9QHcK9nBLm3jgHtQ>

[8] http://yogatherapyinternational.com/sites/yogatherapyinternational.com/files/Registration-and-Waiver-2020-Online_YTI.doc

[9] <mailto:maggie@yogatherapyinternational.com?subject=Yoga%20Therapy%20Class%20Registration>

[10]

<https://www.google.com/calendar/embed?src=npqetj3jp9q6l916ndb1q8c0h8@group.calendar.google.com&ctz=>

[11] <https://twitter.com/share>