

Walking the Yogic Path

A Weekend Intensive with

Melina Meza

Saturday, April 28 – Sunday, April 29, 2012

Presented by

Yoga Center of Carmel



Melina Meza has been teaching yoga full-time since 1997. She combines her knowledge of Hatha Yoga, Ayurveda, whole foods nutrition, and healthy lifestyle promotion into a unique style called *Seasonal Vinyasa* and *Art of Sequencing* books. Her workshops are a canvas for participants to realize their own dreams in relation to health, wellness, teaching, and personal transformation.

Saturday, April 28, 1:00-3:00 (\$35 pre-registered or \$40 or door)

Art of Sequencing and Modifications - Sun salutes, standing, and seated postures

The first session will focus on modifications for sun salutes, standing, and seated postures. We will discover numerous ways to deepen your asana practice or teaching skills through understanding modifications. Modifications are an essential component to teaching group classes with mixed levels and working into advanced poses. In this workshop, you will learn about keeping all levels safe and interested in their practice.

Saturday, April 28, 3:30-5:30 (\$35 pre-registered or \$40 or door)

Yamas and Niyamas of Eating

This workshop presents the profound ways in which you can incorporate many aspects of the Yamas (social ethics) and Niyamas (personal ethics) into your diet and wellness routines. Students will journey into the ancient Eastern philosophies and western sciences to discover a deeper knowledge of their own body, mind, and intuition.

Sunday, April 29, 12:30-3:30 (\$40 pre-registered or \$45 or door)

Art of Sequencing and Modifications - Sun salutes, backbends, and inversions

The second session will focus on modifications for sun salutes, backbends, and inversions. We will discover numerous ways to deepen your asana practice or teaching skills through understanding modifications. Modifications are an essential component to teaching group classes with mixed levels and working into advanced poses. In this workshop, you will learn about keeping all levels safe and interested in their practice.

Sunday, April 29, 4:00-6:00 (\$35 pre-registered or \$40 or door)

Seasonal Vinyasa - Sequencing for a Season/Reason

The session will cover the foundation material for understanding the heart of vinyasa flow including sequencing for the seasons, monthly cycles, daily intentions, and various stages of life. The class will end with a Yin Yoga practice to promote optimal health for the spring season.

Please return payment to: Yoga Center of Carmel, Melina Meza Intensive, PO Box 1413 Carmel, CA 93921

Name: _____

Phone: _____ E-mail Address: _____

\$35, \$30 TT student	Saturday,	April 28	1:00--3:00pm	\$ _____
\$35, \$30 TT student	Saturday	April 28	3:30-5:30pm	\$ _____
\$45, \$40 TT student	Sunday	April 29	12:30-3:30pm	\$ _____
\$35, \$30 TT student	Sunday	April 29	4:00-6:00pm	\$ _____
\$125, \$105 TT student	Entire Weekend			\$ _____ Total Enclosed

Yoga Center of Carmel, Cottage #18, Sunset Center, 10th & San Carlos, Carmel-by-the-Sea
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