



RON REID ~AND~ MARLA MEENAKSHI JOY

STABILITY BEFORE EASE: DETAILING SHOULDERS IN BACKBENDS FOR INTERMEDIATE AND ADVANCED STUDENTS AND TEACHERS

WEDNESDAY, JUNE 25TH
10:15 to 11:45 AM

THE SHALA
UNION SQUARE

COST:
\$35

In the yoga sutra's, Patanjali describes the perfect asana as one that has the qualities of both *stability* (sthira) and *ease* (sukha). Not to take too literal a translation, but it is interesting that he lists stability before ease. In this workshop we will experience how building stability into our joints in poses creates the structural support that opens the door to ease in our practice. Finding stability in our shoulders we can not only limit injury to the joint but also find the means to open up the thoracic spine as a way of alleviating pressure in the lumbar spine. This allows our backbends to become much more balanced thereby increasing our ability to experience *sukha* (ease).

"Ron teaches with intelligence. His adjustments suit the individual needs of the students. I personally found his adjustments were the best I have received from any teacher. I have very high regard for him as an exceptional teacher."

—ELIZABETH CONNOLLY,
Yoga Teacher and
teacher trainer

"When I think of a yogi, I think of Ron Reid. Even if you've been practicing for years and years he makes you feel curious and excited about yoga through his soft-spoken, humorous and extremely intelligent way of teaching. At the same time his classes are challenging and hot. He makes you want to move to Toronto!!"

—KRISTIN LEIGH,
yoga teacher and co-owner of
The Shala yoga studio in New York.

"Meenakshi...Nothing short of a shower of blessings to be in her presence. With a natural inner cadence, Meenakshi's voice carefully guides you through asana sequences, while subtly setting your mind adrift into deeper peaceful contemplation. By far the best savasana experience as she chants you into a state of final transcendence."

—SAMANTHA MCDONALD,
Yoga Teacher
and writer