



# Introduction to ASHTANGA

*Open to All Levels*

## DEAN HOLLINGSWORTH

**Sunday, June 10 2:00pm-4:00pm**

### ASHTANGA THEORY AND FOUNDATIONS

We will begin this workshop by delving into the philosophy of Ashtanga yoga. Ashtanga is a Sanskrit word that means "eight limbs". These limbs will be explained as they were laid out by Patanjali in the Yoga Sutras thousands of years ago.

Next we will then explore how they are related to the practice of Ashtanga vinyasa yoga as is currently being taught today. This session is a great place to begin if you are new to the practice and will provide a deeper understanding of the roots of Ashtanga yoga. We will be sitting during this portion and it will be open for questions and discussion.

### INTRO TO ASHTANGA YOGA

During this portion of the workshop we will begin to incorporate the "eight limbs" into the physical practice that comprises Ashtanga vinyasa yoga as taught in both a led class and "Mysore-style" class.

In the ashtanga-led class, the instructor guides the students through the primary ashtanga sequence providing tips and techniques for adjusting postures when needed. This method provides students with an opportunity to become acquainted with full sequence.

In the Mysore approach, a student is given one on one instruction from the teacher. Each student is given a set portion of postures from the Primary Series to practice and master completely. When the teacher feels that they are ready, additional postures are then added. These new postures are integrated into their practice and again mastered, prior to proceeding to the next postures in the series. The student proceeds in the practice at their own pace, as they continue to master and memorize the primary series sequence.

This method allows for greater depth of practice and mastery of the postures and provides a crucial foundation for the practice of Ashtanga. The beauty of this approach is that students are more easily able to experience the true meditative aspects of Ashtanga, building strength, avoiding injury, while mastering the breath, bandhas and focus. This part of the workshop will also be open to all questions but will be characterized more by action, breathing and concentration. Handouts will be available for reference and to aid in future memorization.

*Dean Hollingsworth found yoga in 2007 and immediately felt the impact it had upon his physical, mental and spiritual life. As his practice continues to deepen, his life continues to bloom and as a result he seeks to share this experience with others. He earned his 200hr RYT certification in 2012. A "chance encounter" then led him to meet and learn the Ashtanga method from Jeff Clardy, for which he is forever grateful. In an effort to further deepen his practice, Dean traveled to Mysore, India in October of 2014, and again in November 2015, where he studied Ashtanga Vinyasa in the tradition of Sri K. Pattabhi Jois with Sharath Jois.*

*On his trip to Mysore in November of 2016, Sharath officially Authorized Dean to teach Ashtanga Yoga. Dean is the only Authorized teacher in the DFW Metroplex and one of 4 in the state of Texas. He is passionate about sharing the teachings of his personal practice and all that he has learned with the DYC Ashtanga community.*



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