



# Michigan Yoga Association

## **Rediscovering Our True Balance** **Featuring Patricia Sullivan**

April 13-15, 2018

Fetzer Center, Western Michigan University Campus  
2350 Business Court, Kalamazoo, MI 49008, 269-337-3232

**Patricia Sullivan** began practicing Yoga in 1971, and in the 80's traveled India several times to practice under the Iyengars; she was a faculty member at the Iyengar Yoga Institute of San Francisco from 1986 to 1999 and has been teaching in various training programs as well as her own classes and retreats for several decades.

She began practicing Zen meditation (Zazen) in the 1980's and to this day, leads annual retreats at local Zen centers in the San Francisco Bay Area, Tassajara Zen Mountain Center, in the Ventana wilderness, and Green Gulch Farm and Temple near Muir Beach in Marin County. Her working palate: always the yoga asanas, pranayama and meditation, interweaving teachings from the Yoga Sutra, Bhagavad Gita, and Buddhism, along with some of her adjunct but influential practices of Qigong and especially Egoscue - Patricia is a Postural Assessment Specialist, graduating from Egoscue University in 2013. IN addition, Patricia works as an artist.

To learn more about Patricia, visit: [patriciasullivan-yoga.com](http://patriciasullivan-yoga.com) .

You are sure to be amazed!

### **The Weekend in Detail written to you from Patricia Sullivan**

#### **Friday 6pm-9pm**

##### ***Hatha Yoga and The Value of Postural Study***

**Talk:** We'll open with the definition of Hatha Yoga and what it entails, from ancient to modern times. I'll define my ideas about the parameters and intention of Postural Study as presented in this workshop. Then we'll look at 3 unbalanced positions of the pelvis and how each can, over time, create a variety of problems in the feet, knees, hips, spine, shoulders and neck.

**Practice:** *Balancing the Body in All of Its Planes*—Simple asanas and pre-asana exercises which talk to the nervous system about how to best organize the body around its central axis by waking up unused areas of the body and releasing the over-used and compensating parts. We can think of these movements as muscle and joint tutorials, building blocks for the far more complicated and demanding asana practices. These postures and exercises will be accompanied by breath and sensory awareness.



