

# Moving Toward An Educated Practice: Understanding the Body and the Mind



If you move with intelligence, then you know the body well. If you focus the mind, then you can penetrate deep into the core of your being.

In this workshop, you will learn how to create maximum freedom so that in an asana every part of the body is maintained with strength and elegance so the self engulfs the body.

## **Greg Anton**

A certified Iyengar Yoga teacher, Greg Anton graduated from Harvard Law School and worked for many years as a public-interest lawyer before devoting himself to the study of yoga.

He began his practice of Iyengar Yoga in 1992 and has been teaching since 1995. His keen memory, precise instruction, and intelligent adjustments coalesce into an extremely methodical and clear way to present asana.

Greg has been studying weekly with Patricia Walden for more than twenty years.

He also studied extensively with Ramanand Patel and the Iyengars in India and in the U.S.

Greg served as president of the Iyengar Yoga Association of New England from 2009-2012.

He lives in Provincetown, Massachusetts and teaches workshops throughout the U.S.

## **Anatomy of the Shoulder**

Saturday, October 19th, 10am - 1pm

## **Freedom in Forward Bends**

Saturday, October 19th, 3pm - 5:30pm

## **Be Hip: Lengthen Your Hip Flexors**

Sunday, October 20th, 10am - 1pm

\$170 for the weekend, \$140 for Co-op members  
\$60/class, \$50 for Co-op members

## **Yoga Co-Op of Madison**

812 E Dayton St, Suite 200

Make check payable to 'Yoga Co-Op' and mail to:

Jill Johnson, 5002 Manor Cross, Madison, WI 53711