

# Laurel Hodory

## WORKSHOPS



### ART OF TEACHING

SATURDAY, January 21<sup>st</sup> 2012

12-2:30 p.m.

#### Marga: Yoga Assisting

Marga means path or journey. When we are on the path, we see signs that we are headed in the right direction. Postures open. Life opens. Just as our own teachers can help guide us in the right direction, we as teachers in turn, guide our students. How do we assist our students physically and energetically? How do we adapt assists to each student's unique biomechanics while simultaneously playing the edge? Learn specific body types and hands-on assist techniques that will advance you and your students on the path.

3-5:30 p.m.

#### Purna: Yoga Sequencing & Themes

This workshop will focus on how to create classes that reflect the richness and fullness of yoga--Purna. Specific steps on how to teach a dynamic class with intelligent sequencing, inspiration, and philosophical theme will be covered.

(CEU's available for Registered Yoga Teachers)



### MYTHICAL JOURNEY OF THE HERO

SUNDAY January 22<sup>nd</sup> 2012

1:30-4 p.m.

From Virabradrasana to Hanumanasana, yoga endeavors to expand our capacity for bhukti (worldly pleasure) and mukhti (spiritual liberation) at once. In seeking our deepest desires in this life, we simultaneously cultivate heroic virtues that naturally reveal the divya--divine seeker--within. This 2-1/2 hour workshop will include active hip openers and arm balances for mixed levels of students. Participants should be able to Bakasana.

Per Workshop:  
\$40 in advance  
\$45 at the door

Teaching Workshops:  
(2 workshops - Saturday)  
\$75 in advance

Entire Weekend:  
(3 workshops - Saturday & Sunday)  
\$105 in advance



### Laurel Hodory

MS, E-RYT500, is a senior yoga teacher, a teacher's teacher and has been studying and teaching yoga since 1992. She has trained and certified more than 150 yoga teachers, teaches workshops internationally and has trained the OSU NCAA Women's Rowing team. She has also been sought out by The Ohio State University Dance Department to teach advanced yoga courses to dancers and dance faculty. Among many luminaries, her most influential teachers include Sianna Sherman, Paul Grilley, John Friend, Pattabhi Jois, and Mark Whitwell. Her inspiration comes from the power of yoga to heal and transform. She is constantly seeking ways of bringing these teachings to her students. Her greatest joy is empowering others to access their true potential. This summer, Laurel will be leading a teacher training in Norway. When she's not on the mat, Laurel enjoys music, being outdoors, good food, and spending time with her family and friends. For more information, go to [www.laurelhodory.com](http://www.laurelhodory.com).

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