



*with Matthew Sanford*

**Opening Yoga: A Universal  
Approach to Asana**

*For Yoga Instructors of all  
disciplines*

**Friday, June 28**

4:00 pm - 6:00 pm

**\$40**



The principles of yoga do not discriminate. Some yoga poses do. This two hour class for yoga teachers from all disciplines focuses on universal principles and sensations that are inherent in all asanas. These principles and sensations guide the poses, regardless of their complexity or degree of difficulty. This is not a yoga therapy or yoga therapeutics intensive. Instead, we explore how the principles of the asanas can be shared with ANY body, regardless of their condition or level of ability. Such an expansive and inclusive teaching methodology is increasingly important for teachers to master as their student demographic continues to grow beyond the young, fit, and flexible.

**Matthew Sanford** is a certified Iyengar Yoga instructor and an expert in the process of transformation through the healing power of yoga. Paralyzed from the chest down at age thirteen and beginning yoga at age twenty-five, Matthew knows firsthand the transformative effect that yoga can have on the mind-body relationship. He is an internationally recognized yoga teacher, and a sought-after public speaker. He is the author of the critically acclaimed *WAKING: A MEMOIR OF TRAUMA AND TRANSCENDENCE* (Rodale: 2006). Matthew has also emerged as a leading voice in the integrated health movement. For more information visit: [mindbodysolutions.org](http://mindbodysolutions.org)

**Registration**

Complete your registration with our easy online registration system at [jewelyogapdx.com](http://jewelyogapdx.com)

