

# Yoga Asana and the Breath

with Kim Schwartz

## September 15–17, 2017

All of the work performed in any asana is there to maximize the efficiency and availability of breath. Each asana offers both a gift and a challenge to the breath. This workshop is designed to assist in receiving the gift and the challenge with equal gratitude. We will explore various parts of and approaches to the breath and how various asanas affect and are affected by the breath, as well as the interrelationship of asanas and the breath with the organs, muscles, bones, and consciousness. This training is relevant to anyone teaching yoga or seeking a deeper understanding of asana and the breath.

**Friday 6:00–8:00PM**

**Saturday & Sunday 1:30–5:30PM**

**\$108** plus tax (\$116.10) pre-registered by September 4

**\$120** plus tax (\$129) after September 4



*Kim has studied and taught Hatha Yoga for more than four decades. His lifelong passion for mystical truth led him to become ordained as a swami of the Temple of Kriya in Chicago. He was elevated to the position of Maha Swami in the Kriya lineage, enabling him to ordain others as swamis. Kim was director of the Temple's Hatha Yoga Teacher Training Program before moving to New Mexico, where he continues to lead High Desert Yoga's Teacher Training Program. Kim is recognized by many well-known yoga instructors both as a "master of his art" in personal practice and as a true "teacher's teacher," one with the ability to communicate the timeless truths of yoga on many levels to fellow instructors in a way that enables them to pass this wisdom on to their own students. He is registered with Yoga Alliance as E-RYT 500.*



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