



High Desert Yoga Presents

Timed Asana

a class with Kim Schwartz

Every Tuesday
5:45-7:15 pm

In this class you will perform asanas with various degrees of support so that the asanas can be sustained for longer periods of time. By staying in an asana for longer periods of time one is able to penetrate into the deeper layers of the muscles, connective tissue, and consciousness that cannot so easily be accessed in a practice of shorter duration and greater intensity.

Unlike restorative asanas the asanas are not completely passive. The practitioner is asked to participate with subtle internal actions within the body and the breath. In this way the body can have the opportunity to sort out long term and deep seated imbalances in the muscles, joints, breathing patterns and the nervous system.

This class will also include basic pranayama and savasana.



Kim was introduced to eastern philosophy as a child and began studying yoga in 1971 at age 18. In 1981 he met his Guru and began more formal studies in the yoga sutras and other aspects of yoga philosophy. Around that time he was also introduced to the Iyengar system of asana practice. In 1985 he was certified to teach yoga through the Temple of Kriya yoga. He was ordained a Swami in the Kriya lineage in 1986. He has taught ongoing yoga classes, teachers training programs and workshops here and abroad since that time. Though asana and pranayama have become primary disciplines, the philosophy of yoga is still at the heart of his practice and teaching.

Details:

You may use your class pass or pay our drop in rate of \$18 per class.

High Desert Yoga
4600 Copper Ave NE
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