



Yoking the Shoulder Girdle

Master Class

TIAS LITTLE

January 19, 2018

FRIDAY 2:00pm - 5:00pm

Most people have some strain or compression in the shoulder, especially on their dominant side. This is due to trauma, repetitive strain, or chronic pulling that effects stability of the neck.

In this session we practice ways to release the upper arm, shoulder and neck. We practice movements to stretch, strengthen and stabilize the musculature around the shoulders.

We begin mobilizing the shoulders on the floor followed by seated and standing poses that prepare the shoulders for weight bearing.

***Tias Little** synthesizes years of study in classical yoga, Sanskrit, Buddhist studies, anatomy, massage, and trauma healing. Tias began studying the work of B.K.S Iyengar in 1984 and lived in Mysore India in 1989 studying Ashtanga Vinyasa Yoga with Pattabhi Jois. Tias is a licensed massage therapist and his somatic studies include in-depth training in cranial-sacral therapy.*

His practice and teaching is influenced by the work of Ida Rolf, Moshe Feldenkrais and Thomas Hanna. Tias is a long time student of the meditative arts and Buddhist studies beginning with Vipassana and continuing in Tibetan Buddhism and Zen. Tias earned a Masters degree in Eastern Philosophy from St. John's College Santa Fe in 1998.

He lives in Santa Fe New Mexico where he directs his school Prajna Yoga with his wife Surya and is author of three books, The Thread of Breath, Meditations on a Dewdrop and Yoga of the Subtle Body.



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\$85 by Dec 19 / \$100 After