

# The Middle Body

The Interface Between the Pelvic and Shoulder Girdles



*Kim Schwartz 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.*

**Sunday, August 13, 2017**

**1:30–4:30 PM**

This workshop will address how the middle body can function as the interface between the pelvic girdle (hip joints, sacrum, etc.) and legs, and the shoulder girdle (arms, wrists, elbows, and hands) and neck and head. We will see how the middle body can try to compensate for challenges in the upper and/or lower body. We will also address the appropriateness for abdominal strength and visceral softness.

Though this workshop is available for all levels, long-time practitioners and teachers may find this of particular interest.



**\$55 plus tax (\$59.02) pre-registered by August 2**

**\$60 plus tax (\$64.39) after August 2**

High Desert Yoga 4600 Copper Ave NE Albuquerque NM 87108

[www.HighDesertYoga.com](http://www.HighDesertYoga.com) • (505) 232-9642