



# Evolution of the Asana

with  
Kim Schwartz

October 7-9, 2011

at

Spring Creek Yoga, Montrose

In this workshop, Kim will guide us in an exploration of the foundations of yogasana, from structural anatomy to the breath. We will learn how to evolve the nucleus of this groundwork into a diverse selection of asanas. With this information you can develop the skills to make even the most complex asana accessible and learn to develop your practice progressively and safely.



Kim Schwartz has studied and taught Hatha Yoga for over 35 years. He was the director of the Hatha Yoga Teacher Training Program at the Temple of Kriya Yoga in Chicago before moving to New Mexico, where he is senior instructor and director of High Desert Yoga's Teacher Training Program. Kim is an ordained swami of the Temple of Kriya and was recently appointed Maha Swami in the Kriya lineage.

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".

Kim's deep personal knowledge, his extraordinary clarity and playful sense of humor touch his students profoundly, guiding them to new levels of practice and awareness.

October 7-9, 2011

Friday 6:00-8:00 pm

Saturday 9:00 am-Noon & 2:00-4:00 pm

Sunday 9:00 am-Noon

*This workshop is cumulative and progressive.  
You will receive the greatest benefit  
by attending all sessions.*

10 Hour Workshop Fee: \$160

before September 25

\$175 after September 25

*Suitable for All Levels.*

Call Sherry Truckey 970-209-8437  
for registration or more information.