

# Exploring Breath and Bones Workshop

## Experiential Anatomy: Yoga and Movement as Therapy

The focus of this workshop will be conscious breathing and aligning our bones to find ease of movement and relief from pain. Teachers and students alike will benefit from refining awareness skills while practicing basic yoga poses and basic movements. Katherine will address individual needs and provide variations as well as give specific techniques to assist in the process. Please inform Katherine of any injuries, limitations or special conditions prior to the beginning of the workshop.

Like a tree each of us has unique patterns, strengths and weaknesses however, unlike a tree the human body is meant to move. Instead of growing roots we must orient ourselves through space and allow gravity to keep us grounded while we move. Healthy and unhealthy patterns in movement are developed over a lifetime of accumulated experiences and are affected by physical ability, environment, stress response, emotional response and inhibitions. Compensations develop when optimal functional movement is compromised due to weakness, aging, disease, injury, hypo or hyper mobility as well as mental and emotional factors. When dysfunctional patterns develop and become habitual, over time we may experience chronic pain or inability to perform actions.

A physical yoga practice can be healing when performed with awareness of our compensatory patterns. This is where yoga becomes more than exercise, it becomes a transformational tool which empowers one to heal oneself. Yoga will challenge us on a core level. We must look deeply with compassion and clarity in order to create the change that is needed to develop healthy patterns in the body and the mind. Yoga is not about doing the asana, it's about undoing what is in the way of the asana.

**Katherine Schaefer E-RYT 500, LMT, Vedic Astrologer, Reiki Master**



Katherine is a teacher for those who want to go deeper. With over 20 years of experience and more than a thousand hours of continuing education she compassionately guides her students to embodied awakening. She began teaching yoga in 1996, graduated from massage school in 1997 and became a Reiki Master in 1998. Katherine's teaching has been influenced by many yoga teachers, body workers, anatomists, energy medicine specialists and creative movement educators. Katherine enthusiastically shares her knowledge using a variety of methods in addition to yoga to facilitate students in moving more mindfully and with ease. Her commitment to honoring the spirit of Yoga while integrating contemporary knowledge in the field of somatics is a potent combination.

<http://gracefultransformations.blogspot.com>



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led by

**Katherine  
Schaefer,  
ERYT-500, LMT**

**Saturday  
September 23  
1:00-4:00  
\$45 preregister  
\$55 at the door**

**Register by phone,  
Facebook or in-studio**