



Tripsichore Yoga

Present



Tripsichore Yoga
Advancing Your Practice
Edward Clark
18 – 20 June 2010



This series of Workshops is dedicated to strategies for improving your yoga practice – to understanding how to be your own teacher and how to get more out of your regular classes. Each workshop will include a section on Pranayama and Philosophy – not as separate subjects, but as material that is integral to making your practice grow.

What does it take to move your practice forward? How do you start working on and refining challenging material? Usual answers would consider looking at postures that you find challenging and this could be material that you are already good at as well as that which you find difficult. Both can deepen a practice. A deeper practice isn't just about harder postures though. Rather, it is also the quality with which you perform them.

18 June (Friday) 7pm – 9pm

DEVOTION AND DISCIPLINE – *How the intention of the yogi clarifies concentration in vinyasa and asana*

One of the core ideas of yoga practice is the development of concentration towards a singularity (*eka grata*). This workshop looks at how, in a physical practice, one endeavours to dedicate the entirety of one's being to a single thing. In so doing, the subjects of *dharma*, *dharana*, and *dhyana* will be examined and practised within the context of asana and vinyasa practice.

19 June (Sat) 10am – 12pm

THE INTERMEDIATE SUN SALUTES – *The next level of fluid challenges*

Tripsichore's Intermediate Sun Salutes are devised to explore ingenious ways of performing handstands, headstands and unusual backbends through the use of vinyasa movement and ujjayi breath. Through the cultivation of evenness of breath coupled with evenness of movement, these Sun Salutes seek to bring evenness of mind while executing challenging sequences of postures.

19 June (Sat) 2pm – 4pm

MOVING WITH UJJAYI BREATH AND MOVING FROM THE MULA – *What is the most you can do with the least effort?*

Pranayama is energy manipulation played out through the postures. This workshop explores the idea that it is possible to raise an energy known variously as kundalini, shakti or prana through the specific use of ujjayi pranayama in vinyasa movement.

20 June (Sun) 10am – 12pm

OVERCOMING FEAR AND OTHER OBSTACLES – *Unusual Asanas and Balances*

There are postures we love to do and others we are not so fond of – some come to one with apparent ease and others are approached with a degree of dread. Yoga philosophy encourages, through action, the appreciation and awareness of the "present moment" without attachment to the outcome. Fear and other obstacles tend to be based on projections into the future or past. To overcome these tendencies, one identifies the fear or obstacle and strategises to confront them.

20 June (Sun) 2pm – 4pm

BACK BENDS DON'T HURT – *Finding ease in the extreme*

One of the glories of physical practice is the grace of the backbend. But, the extremity of this movement is not regularly encountered in daily life. To execute these movements safely is a matter of technical exactitude which should be practised by those who find it easy to do and by those for whom it is a daunting prospect. This is a workshop that will look at how to achieve extreme back bending in a safe way.

About Edward

Edward Clark has been Artistic Director of Tripsichore since 1979, writing and producing yoga based work, which he and his company have performed all over the world.

He began studying yoga in 1979 and noteworthy among his teachers are Narayani and Giris Rabinovitch, but he confesses huge admiration for the Ashtanga Vinyasa, Sivananda, Iyengar and Viniyoga practices.

He fuses his keen artistic vision with a deep understanding of the essential pursuits of yoga practice and in combining these, his teachings synthesises the use of breath, asana, choreography and philosophy, into a demanding, entertaining and exhilarating amalgam.

Based in London, England, Tripsichore Yoga Theatre has become one of the most extraordinary innovations to emerge from the yoga discipline. This contemplative style of movement theatre is a sensual exploration of spirituality that unites the mind and body. The breath guides the body through a safe, fluid flow of postures that creates stunningly spectacular visual poetry.

In addition to constant touring, teaching and performing globally, in 2006, he released a 2 DVD set devoted to explaining the practice and with a record of some of the Tripsichore repertoire and in 2007, he co-released a double comedy CD called Kill The Guru.



Workshop Fees

	Early Bird (before 31 May)	Normal Price (1 June onwards)
All 5 Sessions (18 – 20 June)	S\$350	S\$420
Single session	S\$85	S\$102

- * TRUE YOGA members are entitled to a further 10% discount. (proof of ID is required).
- * Prices will be subjected to 7% GST.
- * All bookings must be accompanied with full payment. Pre-booking without payment is not allowed.
- * Payment can be made using the Registration Form (obtainable from True Yoga) to secure booking.
- * All payments made after the early bird price will be subjected to the normal price from 1 June 2010 onwards.
- * No credit/refund will be given once payment is made or due to cancellation, no-shows or late arrival.
- * **Packages must be used by the same individual and sessions cannot be shared. No substitutes are allowed.**
- * All participants must show Proof of photo ID on the day to gain admission into the workshops.
- * TRUE YOGA reserves the right to entry, amend or cancel the event due to any unforeseen circumstances.

Venue

True Yoga Singapore
9 Scotts Road
Level 11 Pacific Plaza
Singapore 228210

All bookings & enquiries
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WORKSHOP REGISTRATION & PAYMENT FORM

EDWARD CLARK WORKSHOP

TRUE Member (ID : _____)
Non-member

Date of Registration : _____
Early Bird Price (before 31 May)
Normal Price (1 June onwards)

Full Name : _____
First Name Last Name (Surname)

Email (compulsory) : _____

Tel (compulsory) : (mobile) _____ (home/office) _____

Country of Residence : _____

How did you hear about this workshop? _____

	(please tick) √	Amt (before discount)
Single (1) 18 June, Fri 7pm – 9pm		
Single (2) 19 June, Sat 10am – 12pm		
Single (3) 19 June, Sat 2pm – 4pm		
Single (4) 20 June, Sun 10am – 12pm		
Single (5) 20 June, Sun 2pm – 4pm		
All 5 sessions package (18 – 20 June)		
	Sub-total	
	Sub-total after less 10% discount (members only)	
	Grand Total (add 7% GST)	

Total amount to be charged S\$: _____ Payment mode : _____

Exact Name on credit card : _____

Name of issuing bank : _____ Card type: visa / master / AMEX Expiry Date: _____

Card No.: _____ Signature of Payee : _____

If Amex, 4 digit code in front of card : _____ Served by (name of TRUE staff) : _____