

Tibetan Heart Yoga

with Ann Curry

Opening the Heart

An Introductory Workshop

Saturday August 29

1:00-4:30pm

at Tucson Yoga

150 South 4th Avenue



Ann Curry

Since 2004 Ann has been attending advanced teacher trainings, studying Tibetan Heart Yoga at the Yoga Studies Institute with Geshe Michael Roach and Lama Christie McNally. She has completed the first six series of their extensive Tibetan Heart Yoga teacher training. She is a dedicated student of Diamond Mountain University, studying Buddhism, meditation, yoga, and retreat, including in-depth study of the Hatha Yoga Pradipika, which is one of the oldest surviving texts on Hatha Yoga.

Tibetan Heart Yoga is a unique style of practicing Yoga, continuing a lineage that comes from Lord Naropa, a yogi who lived about 1100 AD. This lineage has been passed down to Ann Curry by her holy Teachers Geshe Michael Roach and Lama Christie McNally who have spent over 20 years studying both Tibetan and Indian styles of Yoga in America and India. Tibetan Heart Yoga is a practice where we work from the inside, and the outside. We work from the inside with our thoughts. We work from the outside with our pranayama (breathing), asana (posture), and ethical practices. We learn how to practice our yoga on the mat, and perfect our yoga off the mat.

This workshop will introduce you to the basic principles of Tibetan Heart Yoga with a focus on opening the heart. We will explore how to use meditation techniques on our mats and you will learn a meditation that you may do anytime. There will be time for lecture, practice, and discussion and we will leave time at the end for rest and for questions.

There are no pre requisites for attending this workshop, just a curiosity about opening your heart. Please bring a mat if you have one, and a pen.

Registration

Cost is \$25 if paid by Thu., Aug. 27, or \$30 after. Tucson Yoga Members receive a \$5 discount.

Please register online at www.tucsonyoga.com.