



special guest TIFFANY CRUIKSHANK

25-27 MAY 2012



about TIFFANY:

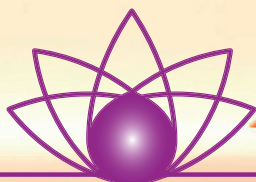
internationally acclaimed yoga teacher, author and health & wellness expert, Tiffany travels the globe inspiring people to live their lives to the fullest.

Tiffany is known for her lighthearted attention to detail and passionate dedication to the practice. With her training in Acupuncture & Sports Medicine her yoga classes are guided by a strong anatomic focus intermingled with her Chinese Medicine training and her characteristic playfulness using movement as medicine.

Tiffany is the Acupuncturist & Yoga Teacher at the Nike World Headquarters in Portland and has been featured in various video & print ads including ads for Nike, Lululemon and Yogi Tea, as well as in many yoga and health publications.

don't miss the opportunity to study with this most knowledgeable instructor!

ps: you don't need to be particularly bendy or strong, just bring your smile and flow!



innercityyoga

3 rue de rive, 5th fl., 1204 Genève | www.innercityyoga.com | t: 022 310 3535



LEVELS this workshop is open to all levels, but does not suit pure beginners (without any yoga experience); come train with us prior!

friday 25 may, 18h30 – 21h15

« BREATHE THE CHANGE » - all levels

The breath is intimately connected to our ability to create depth in any practice and learning to harness the power of the breath can help you discover your full potential. When we learn to utilize the breath we can sustain a focused practice in even the most awkward postures and we find an ease in the most challenging postures of life. In this workshop we will look at the anatomy of the breath and incorporate different pranayama practices into an invigorating flow. Learn to cultivate the full potential of your practice by utilizing the power of the breath in any posture so that you can carry this over into your life. Come prepared for an invigorating & informative Vinyasa practice.

saturday 26 may, 14h00 – 17h00

« FLIP YOUR PERSPECTIVE » - all levels

Tiffany will introduce you to her unique 4 block system of breaking down the inversions to help you redefine your relationship with gravity. You will look at the anatomy & alignment of inversions to learn how to use your flying gear so that you can explore beginning or advanced inversions. By embracing inversions and flipping your perspective, you can begin to welcome the obstacles in life with ease and grace. Some experience with inversions is helpful but not required, modifications and variations will be offered to make this workshop accessible to anyone with some Vinyasa experience.

sunday 27 may, 14h00 – 17h00

« THE BALANCE POINT » - all levels

In Chinese Medicine the Kidneys are the root of our life force and the key to our health and longevity: it is the delicate balance of kidney yin & yang that creates our vibrance & vitality. Tiffany will guide you through a powerful practice using intervals to recreate the ups and downs of life to teach you to maintain a steady focus (dharana) in the most intense situations. This class will progress into a very deep, very restorative yin phase to retrain the nervous system and cultivate a perfect balance of yin & yang. By learning how to access your inner power, you will learn how to handle times of stress with clarity and poise.

rates & registration

limited space; registration highly recommended.*

	as of 1 apr. per class	as of 1 apr. session
member	90.-	255.-
non-member	100.-	285.-
students	80.-	225.-

student discount upon presentation of valid student ID ; max. 30 years of age

for all registration: info@innercityyoga.com | 022 310 3535



à propos de TIFFANY

ce stage est donné en anglais; ne ratez pas cette occasion de pratiquer avec une enseignante aussi compétente que charmante.

*seul le prépaiement permet de réserver votre place. les réservations ne sont pas remboursables. merci | *reservation only accepted when prepaid in cash or by credit card. absolutely no refunds. thank you.