



Jason Crandell

Jason Crandell was recently named one of the U.S.' "next generation of yoga teachers" (Yoga Journal), for his skillful, unique approach to vinyasa yoga. Jason is the creator of Yoga Journal's newest DVDs: Yoga for Wellbeing; Yoga for Morning, Noon, and Night; and, The Complete Beginner's Guide to Yoga. He is a contributing editor for Yoga Journal and has authored over 13 articles for the magazine and website. His primary teacher is Rodney Yee. www.jasonyoga.com



Thursday March 25th 6:30 pm - 8:30 pm TH2CRA
Finding ease at your edge

Learn to approach poses such as; lotus, splits, arm-balances and backbends, with greater poise, awareness and attention to detail. By remaining connected to your essence in challenging situations, you will expand your edge and deepen your practice physically and mentally. Choose sustainability, contentment and longevity in your practice and create a template for moving towards these virtues off the mat.

Friday March 26th 9:00 am - 4:00 pm FR1CRA
Open, Align and Strengthen Shoulders and hips

Intelligent movement and placement of your shoulders and hips will enhance their strength, alignment and mobility in a wide-range of poses. As your practice is refined, you will cultivate deeper standing poses, twists, backbends and forward bends in new ways.

Friday March 26th 6:00 pm - 8:00 pm FR2CRA
Deeper backbends, greater comfort

Practiced skillfully, backbends awaken the spine and clear the mind. Unfortunately, we can also compress the lower back and over-expose the front-body if we are aggressive or performance oriented. Learn to find depth and comfort in your backbends by using your arms, legs and spine effectively.

Saturday March 27th 8:00 am - 10:00 am SA1CRA

Releasing the Spine With Sidebends, Twists, and Forward Bends

Sidebends, twists, and forward bends have the power to release the spine and quiet the mind. In this workshop you will find greater depth, ease, and efficiency in these poses while you cultivate a deep sense of calm and contentment in your mind.

Saturday March 27th 1:00 pm - 3:00 pm SA3CRA

Sequencing for Backbends and Forward Bends

Like the order of notes in a melody, the sequence of poses in a yoga class creates specific emotional, mental, and physical effects. In this session, you will learn how to awaken the shoulders, legs and spine in ways that allow you (and your students) to find greater depth, ease, and comfort in these poses. You will also learn how to see and understand bodies more accurately, as well as refine your ability to teach authentically from your own voice.

Sunday March 28th 11:30 am - 6:30 pm SUICRA

Creating a home practice

Feeling ambitious, you light your incense, grab your sticky mat, and unroll it in the comfort of your living room. You're finally going to practice at home! Then the doubts set in: What do I do? How long do I hold my poses? Why am I here instead of in class? This all-day intensive gives you safe, effective strategies to get started with a home practice and stay with it. Includes asana, discussion, and handouts.



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