



Dome Yoga

with **Timothy McCall, M.D.**

Sunday, December 4, 2011; 1:00–4:00pm
 Fee: \$65 Early Registration before November 28
 \$75 Regular Registration after November 28



Tensegrity is the word **Buckminster Fuller** used to describe the combination of strength and resiliency found in the geodesic domes he invented. We'll explore how this principle applies to asana practice as we seek to optimize the shape of many domes naturally found in the body, such as in the hips, diaphragm and roof of the mouth. In particular, we will investigate whole bone movements, and the ways that bones can act as levers on each other to improve the overall tensegrity of our poses. One beauty of this approach is that it takes you deep into yoga anatomy, but does not require memorizing any Latin names or complex muscle attachments!



Timothy McCall, M.D., is a board-certified specialist in internal medicine and a dedicated yoga practitioner who has observed, trained with, and interviewed many of the world's leading yoga teachers and therapists. He is the medical editor of *Yoga Journal*, and the author of *Yoga as Medicine: The Yogic Prescription for Health and Healing* (Bantam). Timothy has studied yoga since 1995 with Patricia Walden, and travels regularly to India to research yoga, yoga therapy and Ayurveda, and to study with a traditional Ayurvedic Vaidhya (doctor) in Kerala and a Tantric master in Bangalore. He, and more than 100 of his articles, interviews, podcasts, etc. can be found on the web at www.DrMcCall.com

The Yoga & Movement Center
 1379 Locust Street
 Walnut Creek, CA 94596

www.yoga-movement.com
 925-938-9642

REGISTRATION FORM

Please register _____ person(s) for *Dome Yoga*

Name(s): _____

Address: _____

Phone: _____ Email: _____

Check Enclosed \$ _____ Credit Card Visa or Mastercard

Card # _____ Exp Date: _____

Name on Card: _____ Signature: _____

Make checks payable to: The Yoga & Movement Center, 1379 Locust St., Walnut Creek, CA 94596
 Cancellation Policy: Minimum 7 days notice prior to workshop date, a refund less \$10 handling fee will be given. No refund for cancellations received less than 7 days prior to workshop.