

Paul Dallaghan

Founder – Centered Yoga Institute & Yoga Thailand

Paul is a senior student of Sri O.P. Tiwari, one of the few remaining classical yogis and masters of pranayama. He has practiced pranayama for many years under Tiwariji's direct guidance which has led to deep insight and understanding of practice. Paul is also certified by Sri K. Pattabhi Jois in ashtanga vinyasa. He uses this as a base for intelligence in asana to be applied appropriately for the student. Paul continues with his regular practice and study on both the traditional and modern scientific approaches. He also spends time in Thai Buddhist monasteries to continue a personal practice.

Paul grew up in Dublin, Ireland. After completing his degree at Trinity College he was bound for New York where his life in yoga began. Since 2001 he has been in Asia — between Thailand and India — with a primary focus on practice and study. With his wife, Jutima, they opened Yoga Thailand, and enjoy living there with their two lovely sons, Sean and Dylan. He knows firsthand about raising a family, earning a living and keeping a sincere connection with practice and internal development. This practical experience and love of the subject matter he shares with joy, intelligence and humor.

Please visit www.yoga-thailand.com and www.centeredyoga.com for more details.



North Shore Yoga

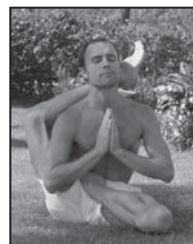
Awakening mind, body & spirit

Pranayama, Asana & Philosophy

Paul Dallaghan

Sunday Workshop • Oct. 10, 2010

5 Day Intensive • Oct. 11-15, 2010



 North Shore Yoga
Awakening mind, body & spirit

310 Happ Rd, Ste. 216. Northfield, IL 60093
(847) 784-8844 www.nsyoga.com

DEEPENING YOUR YOGA PRACTICE

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Pranayama is rarely taught well or even correctly. It is a fine science and a subtle art; taking time to understand through long practice and dedication. Paul Dallaghan, founder of the Centered Yoga Institute and Yoga Thailand, is grounded at such a level. North Shore Yoga is pleased to host Paul for both a weekend workshop and week intensive, focusing on pranayama, Asana and Philosophy.

Pranayama

Paul will introduce and advance pranayama to students at a very comfortable level so it is manageable and possible to fit into one's everyday life. For anyone who has touched on the practice you can expect to have it refined and deeply explained, both from a technical point of view in how to do it correctly and in a philosophical understanding of its place and purpose in one's internal development, as a direct path to meditation.

We will practice pranayama both morning and afternoon. Newer students to pranayama will be able to learn the basics and go home with a base practice. Students with a continuing practice will be assessed and given help to further their practice.

Asana

Paul will also lead Asana sessions. These sessions will be beneficial to anyone with an established Asana practice or one wanting a solid foundation to begin. The key principles of Asana will be refined with special attention to alignment, integrity and energy of the pose within the art of vinyasa. From alignment comes the correct grounding and extension while integrity identifies the correct muscular support. Awareness and proper breathing added to this structure affects the energy that vinyasa can further affect.

Paul has spent years in and out of India refining and advancing his Asana practice so he can now share it with all practitioners regardless of the style. The principles of Asana are universal and just need to be internalized through understanding and practice.

Philosophy

Discussion sessions with Paul on practice and philosophy are part of the workshops as well. Any questions you have are welcome.

SUNDAY WORKSHOP SCHEDULE

Sunday, 10/10

8:00 am – 1:00 pm Full pranayama, led ashtanga practice, short break, discussion on practice and philosophy, closing pranayama.

5 DAY INTENSIVE SCHEDULE

This intensive is designed for teachers or dedicated students of Asana and a strong desire to continue or get grounded in a pranayama practice. Students need only be committed to the practice and be familiar with the Mysore style. All else will be dealt with in detail.

Monday, 10/11 – Thursday, 10/14

7:30 am – 9:30 am Mysore style asana practice
9:30 am – 11:00 am Pranayama practice (with pulse analysis)
11:00 am – 11:30 am Lunch
11:30 am – 2:30 pm Philosophy, asana & pranayama practical workshop

Friday, 10/15

7:30 am – 9:30 am Mysore style asana practice
9:30 am – 11:00 am Pranayama practice (with pulse analysis)
11:00 am – 11:15 am Break
11:15 am – Noon Philosophy, asana & pranayama practical workshop
Workshop concludes at noon

PRANAYAMA, ASANA & PHILOSOPHY

REGISTRATION INFORMATION

Register in person, by mail, phone or online.

\$750 for the 5 Day Intensive, \$75 for the Sunday Workshop,
or \$800 for the 5 Day Intensive plus the Sunday Workshop.
Lunch is catered Monday – Thursday.
Prices go up after 10/3.

Workshop Packages

- Sunday Workshop Only, \$75/\$80
- 5 Day Intensive Only, \$750
- Sunday Workshop +
5 Day Intensive, \$800

Meal Plans (See back for menu)

- Monday Lunch, \$12
- Tuesday Lunch, \$12
- Wednesday Lunch, \$12
- Thursday Lunch, \$12
- 4 Day Lunch Package, \$44

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail* _____

Payment Amount _____ Payment Type Cash Check Credit Card

Credit Card _____

Card # _____ Exp. Date _____

Signature _____

*Be sure to include your email to receive updated information.

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- Wednesday Lunch, \$12
- Thursday Lunch, \$12
- 4 Day Lunch Package, \$44

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail* _____

Payment Amount _____ Payment Type Cash Check Credit Card

Credit Card _____

Card # _____ Exp. Date _____

Signature _____

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LUNCH MENU

Lunch will be catered Monday – Thursday from Three Tarts Bakery for \$12 per day or \$44 for all 4 days and will be brought over at 11:00 am. The menu will be as follows:

Monday

- Spa Salad – Greens, Walnuts, Parmesan Cheese, Raisins, Apple Dressing
- Pumpkin Bean Soup

Tuesday

- Jenniper Salad – Greens, Cucumbers, Craisins, Walnuts, Balsamic Vinaigrette
- Veggie Lentil Soup

Wednesday

- Spinach Salad – Spinach/Romaine, Almonds, Celery, Mandarin Orange, Parsley Vinaigrette
- Tomato Basil Soup

Thursday

- Hummus Salad – Greens, Olives, Tomatoes, Cucumbers, Sesame Crisps
- Minestrone Soup

Meals Include

- Dinner Roll – Multigrain or Sunflower-Millet
- 2 Cookies – Chocolate Chip, Oatmeal Raisin, Peanut Butter, Oatmeal Scotchie
- Lap Napkin, Flatware, Moist Toilette

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