

## Mary Paffard The Elements!

Friday, Saturday and Sunday  
March 9, 10 and 11, 2012

Name:

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Email:

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Phone:

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### Sessions:

- Friday PM Earth \$40
- Saturday AM Water & Fire \$45
- Saturday PM Air \$40
- Sunday AM Space \$45
  
- Saturday AM & PM \$75
  
- Total Workshop \$160
  
- Total Workshop  
EARLY BIRD \$150 Pay by 2/20/12

Make checks payable to:  
Jane's House of Well-Being  
1112 C First Capitol Drive  
Saint Charles, MO 63301

# The Elements!

*with*  
**Mary Paffard**



**March 9-11, 2012**

**Jane's House of Well Being**

Janeshousestudio.com

(636) 255-YOGA

*and*

**Big Bend Yoga Center**

Bigbendyoga.com

(314) 918-9642 x 5

# Jane's House and Big Bend Yoga Welcome Mary Paffard

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**Willing to die  
You give up  
Your will, keep still  
Until, moved  
By what moves  
All else, you move**

Wendell Berry

## **THE ELEMENTS!**

A weekend exploring earth, water, fire, air and space in the context of yoga asana, pranayama, meditation and contemplation. In yoga we are stripping ourselves bare...we are simply - as is everything - a joyous blend of elements. By focusing on the elements, we can access this essence of being and the power of cultivating harmony and balance within. To lead an elemental life is to honour our relationship to all other beings and to become intimate to that which moves us more deeply than our harried, 24-7 world.

Each session we will use one of the elements as a focal point for practice. Most sessions will begin and end with a short meditation. Suitable for a wide variety of practitioners and particularly of interest to those who wish to move more from the inside to the outside and let go of systems of practice that are restricting their inherent and unique ease.

**Friday Evening** 6:30-9:00 - **Earth** - Grounding into Groundlessness - an active and passive practice focusing on the feet, bones, and breath.

**Saturday Morning** 9:00-12:00 - **Water & Fire** - Fluidity and Feeling - a liquid active practice using slow flow, backbends and bellywork.

**Saturday Afternoon** 1:30-4:00 - **Air** - The Breath of the Heart - following a short discussion focused on how we simplify and balance our lives through yoga, a gentle practice using inversions and restoratives (options will be given to those not inverting)

**Sunday Morning** 8:30-11:30 - **Space** - Seeing Space as Ground, the container of all the elements - a vinyasa practice exploring all 5 elements in both movement and stillness.

## **Workshop Location**

### **Webster University**

Sunnen Lounge in the University Center

The University Center is at 175 Edgar Road, off Big Bend Blvd. just south of the Loretto-Hilton Theatre, opposite side of the street. Park in Parking Lot H, adjacent to the Center or across from the side of the Loretto-Hilton in the parking garage on Garden.

No week-end parking restrictions.

**Mary Paffard** has been a practitioner of yoga since the early 70s and teaching nationally and internationally since 1985. Her original training was in the Iyengar world but she considers the main source of inspiration for her yoga is meditation and the natural world. Mary was Director of Teacher Training at Yoga Mendocino in California from 2000-2010; she has developed and contributed to many teachers programs in California and currently teaches a program in Spanish in Central America. Mary uses the chakras, belly, and poetic imagery to cultivate the inner guru in herself and in her students.

## **Workshop Hosted**

**by**

### **Jane's House of Well-Being**

1112 C First Capitol Drive  
St. Charles, MO  
Janeshousestudio.com

### **Big Bend Yoga Center**

88 North Gore  
Webster Groves, MO  
Bigbendyoga.com