



5917 Airport Way South
Seattle, WA 98108

BREATHE, MOVE, FLOW

A one day retreat for all with Jamie Elmer at Yogasmith

December, 8th, 2012

9:30am-11:30am/Lunch Break/1-3pm

Our yoga practice is an ever evolving part of our life – big or small. Each class we get to practice what we've learned, and hopefully learn a little morsel for the next practice. Rarely do we get the chance to immerse ourselves in this process for more than an hour and a half. You will today! We'll practice and discuss our asanas from the inside out and the ground up. Here's a glimpse of what we'll cover:

How to breathe and why – different breathing practices for focus, anxiety, energy.

Standing poses from the ground up – how to use your feet, lower and upper legs in each standing pose for more strength and flexibility.

How to efficiently do forward bends, back bends and twists for strength, flexibility and to heal your spine.

The vinyasa break down – different options for cobra, upward facing dog and the benefits of each.

Through out this day we'll weave these concepts together, break for lunch mid-day and end the day with an all levels practice incorporating the material. It will be a fun day to explore, learn, ask questions and indulge in this practice.

To sign up or for more information please contact. Joel Benjamin at joelb@yogasmithseattle.com or call 206.795.0772

Investment: \$85 early bird. \$100 after December 1st.



ABOUT JAMIE ELMER

Jamie's life-long study of movement and the human body has taken her from dance, to pilates, and full circle to yoga. Through ten years as a full-time yoga teacher, Jamie has grown her craft and developed a special style of teaching that focuses on safety, strength, and healing. Jamie's experience includes six years full-time at Exhale: Center for Sacred Movement in Venice, CA, and continued workshops and trainings at Exhale; involvement in Yoga Alliance Teacher Trainings; and development of nationally renowned workshop series – How to Teach Beginners, and Applied Anatomy for Yoga. Jamie travels internationally to studios and retreat centers from Los Angeles to the Adirondacks, and from Mexico to London, teaching workshops, classes, and trainings. Jamie holds a BA from California Institute of the Arts, Pilates Teacher Certification from Long Beach Dance Conditioning, Yoga teacher training with Max Strom, Shiva Rea, Erich Schiffmann, Saul David Raye and Annie Carpenter; Walk Well Practitioner from Brouman Gait Therapy and the designation of E-RYT 500 from Yoga Alliance. And most recently Jamie has received a certification from Duke University in Therapeutic Yoga for Seniors. www.firstrayyoga.com