



The Corners  
and  
The Core  
With  
Gabriel Halpern  
Saturday October 20, 2007  
2 -6 pm  
\$50  
Akal Yoga  
141 W. Jackson Suite 750  
Chicago, IL 60604

The shoulders and the hips are girdles that mark the outer perimeters of the body while the abdominals and psoas form the inner supports. Learn how all students who come to yoga have to work through stiffness in the extremities and weakness in the middle. The sequence will highlight proper stretching, strengthening, and relaxing of the major and minor muscles and bones that align and coordinate harmonious functioning. This class will benefit anyone with arthritis, cricks in the neck, rotator cuff injuries, piriformis syndrome, lumbar aches, and knee and patella complaints.

Gabriel Halpern is an acknowledged senior student of the yogic arts. Certified and trained by the internationally acclaimed master Yogacharya BKS Iyengar, he has maintained his practice and study for over three decades. In addition to degrees in philosophy and health psychology, Gabriel is a professor at DePaul University in the Theater Department.. In 1985, he founded the Yoga Circle in Chicago, Illinois, which he still directs. Marriage and two children provide additional grounding and joy in Gabriel's life. He transmits the ancient wisdom in contemporary embodiments that not only sharpen our postures, but ignite our spiritual life as well. Along with yoga, Gabriel brings the healing salves of music, humor, story telling, ritual, games, nature worship and silence.

<b>Payment Due with Registration</b>	<b>\$50</b>	<b>Cash or Check only please</b>
<b>Name:</b> _____		
<b>Email:</b> _____		
<b>Phone:</b> _____		