

# Arm Balancing Intensive at IYC, Auckland



29-31 October 2021 with Alan Goode

We are happy to welcome back Senior teacher Alan Goode, director of Yoga Mandir in Canberra, and this time to run an Arm Balancing Intensive at IYC. The Intensive will suit Teachers, Trainees and experienced students.

*'Balancings are an antidote against Backbend: as you feed the external vertebrae, you have to feed the internal vertebrae of the spine also. In Balancings the outer spine, which curves in Backbends, is resisted, so it gets the resisting power. Backbends is a partial action: only one side of the spine is trained. So you have to challenge from all angles'. B.K.S. Iyengar*

Arm Balancings develop strength and mobility in the arms and shoulder girdle but more importantly they require intelligence as the practitioner seeks to find the delicate edge of balance and the sensitivity needed to support and sustain the body. More than physical strength, the student must develop a systematic approach in order to progress.

The classes will cover an extensive ground on how to prepare and move towards achieving some of the many Arm balances from all of the different syllabi.

Friday 29<sup>th</sup> @ 2.30-5.30pm Asana

Saturday 30<sup>th</sup> @ 1.30-4.30pm Asana

Sunday 31<sup>st</sup> @ 7.30-9.00am Pranayama

Sunday 31<sup>st</sup> @ 11.30-2.00pm Asana

Enrol a.s.a.p. via txt **021 0330645**

**Cost** \$340

\$50 deposit (non-refundable) will secure your place. (The intensives with Alan tend to fill up quickly.)

Please pay **via bank transfer** or at arrival by **cheque** or **cash**

Account number **02-0110-0275857-04** with your name and Alan G. as the reference.