

Yoga Drop In Pilot

Student Health Service

Beginning January 2012

EVERY 2ND AND 4TH WEDNESDAY IN THE OLD LIBRARY
AUDITORIUM, Room 221



Ian's classes combine Budokon techniques with classical Hatha to build energetic, challenging and fun vinyasa flows, linking movement with breath. Ian puts special emphasis on the breath with smooth, steady movement and focuses on the importance of pranayama in practice. Every visit to the mat is an opportunity to explore the body and the mind through movement and breath, to cultivate awareness and increase strength and flexibility that goes deeper than the physical body. He completed his 200 hr. training and is working toward his 500 hr. certification in Classical Hatha and Bhakti Yoga at The Bhaktishop where he learned the value of proper alignment, awareness and devotion both on and off the mat. He continues to study with his yoga teacher Diana (Uma) Hulet and his Budokon teacher Nathan Mills. Ian obtained his undergraduate degree in Electrical Engineering and is now a 2nd year grad student working towards a PhD in Biomedical Engineering.

He is also the founder of Yogi Roots, a Portland non-profit startup that works toward creating a community where yoga is accessible to every practitioner, no matter their budget, experience level, tradition or goals.

Wednesday, January 11th and 25th from 4-5 p.m.

Mats, blocks and straps provided.

No registration required.