



turtle island  
**YOGA NEWS**

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*Why should you practice Yoga?  
To kindle the divine fire within yourself.  
Everyone has a dormant spark of divinity in him  
which has to be fanned into flame.*  
**- B.K.S. Iyengar**

Dear Students and Friends of Turtle Island,

It's been wonderful to see so many new faces at Turtle Island this fall – we appreciate our friends and students who spread the word about our inviting neighborhood studio and our terrific teachers.

There are two more workshops (and the Thanksgiving Day class) at the Turtle you may want to attend before the end of 2006. *And*, there is still time to register for Tony's annual Thanksgiving Weekend Retreat at Westerbeke Ranch. Please visit [http://www.theloftsf.com/workshops\\_retreat.html](http://www.theloftsf.com/workshops_retreat.html) to register.

## **Annual Thanksgiving Morning Class *with Tony Briggs***

Thursday, November 23, 9-11 am

This class fills up every year. Call 415-453-8642 to register.

## **Backbends *with Tony Briggs***

Saturday, December 9 from 2-5pm, \$50 per class

Third of 3-part series

When done with awareness and inner quiet, back-bending poses are powerful and invigorating, create confidence and flexibility, and can be curative for many back problems. They are an essential part of an integrated yoga practice. This series will teach the actions necessary to safely perform these demanding asanas.

## **Therapeutic Yoga in Intermediate and Advanced Poses *with Liz Levy***

Saturday, November 18 from 2-4pm, \$35 per class

Have you been practicing yoga for a while but can't seem to get past certain limitations? Do you have a chronic injury that just isn't going anywhere? Come and explore how you can move past problems such as these by looking at your practice in an in-depth manner. In this special workshop, we will choose from more intermediate/advanced poses (such as backbends and inversions) to deepen our understanding of functional anatomy, unlocking areas that have stubbornly refused to give way to our usual practice methods. By refining our alignment and deepening our awareness of how our bodies compensate for structural problems, we can move to a greater level of health and to a more pain-free life.

**(Exciting) Addition to the Class Schedule:**

**Body Confidence - Introduction to Sword, Staff, and Dynamic Kicking!**  
*with Annika Kahn*

One hour classes begin November 6<sup>th</sup> - Mondays at 10am and Fridays at 10:30am

With the art of Korean Sword and Staff, you can get in shape quickly, heal tendon and joint strains, learn kicks for self-protection (with an added benefit of GREAT legs), have fun, clear your mind, and focus your intentions. These classes are for all levels and ages.

Annika is a four-time world champion in martial arts, and designs self-defense routines for martial art tournaments, Master's demonstrations, and women's self-defense videos for stunts and training. She has taught in San Francisco since 1994, currently at the San Francisco Jewish Community Center and in after-school programs.

**Our regular public class schedule can be accessed at**  
<http://www.turtleislandyoga.com/schedule.htm>.

Happy Thanksgiving,

Tony