



JJ Gormley, E-RYT500 is a skilled yoga educator, therapist and founder of the Sun and Moon Yoga Studios in Virginia. She started practicing yoga in 1979, studying with many of the foremost teachers within the various traditions finding particular resonance with the teachings of Mr. TKV Desikachar. Drawing from the essence

found within each tradition, she teaches and heals from a truly eclectic and well-rounded vantage point, attuning the balance of the entire system; body, mind, and spirit.

In 2002 she met Kausthub Desikachar and fell in love with the teachings of Mr. TKV Desikachar's *The Heart of Yoga* as taught by his son, Kausthub.

JJ teaches yoga poses from the perspective of the energetic body and staying connected to the earth energetically (being well-grounded). She looks at the structure of the body and what is happening to the integrity of the body at and around each of the main energy centers, or *chakras*. She teaches how to use yoga and yoga's many tools (poses, breath, etc.) to realign the body and release stuck energy, ultimately bringing about increased equipoise and freedom to our everyday life. Her website is www.yoginiji.com.



Chase Bossart, E-RYT500 has been studying yoga as a personal student of Mr. TKV Desikachar for the past 18 years. During that time he has made numerous trips to Chennai to study at the Krishnamacharya Yoga Mandiram (KYM) with Mr. Desikachar and his son

Kausthub. Altogether he's spent almost four years in Chennai studying Yoga.

Chase is Senior Teacher & the Director of Therapy & Education at the **Healing Yoga Foundation**, a non-profit healing center in San Francisco specializing in the therapeutic application of Yoga in the tradition of Śrī T. Krishnamacharya, Mr. TKV Desikachar & Kausthub Desikachar. He also teaches regular āsana, prāṇāyāma, meditation and vedic chanting classes. Proficient in many of the more advanced aspects of yoga, Chase travels frequently around the country giving workshops and trainings on such topics as prāṇāyāma, meditation, and yoga philosophy. He is particularly drawn to the classical teachings of *Patañjali's Yogasūtra*. Chase absolutely loves to lead experiential workshops that demonstrate yoga philosophy's practical applications in daily life.

Join Chase and JJ in this unique opportunity to clarify your vision and understanding of the essence of yoga.

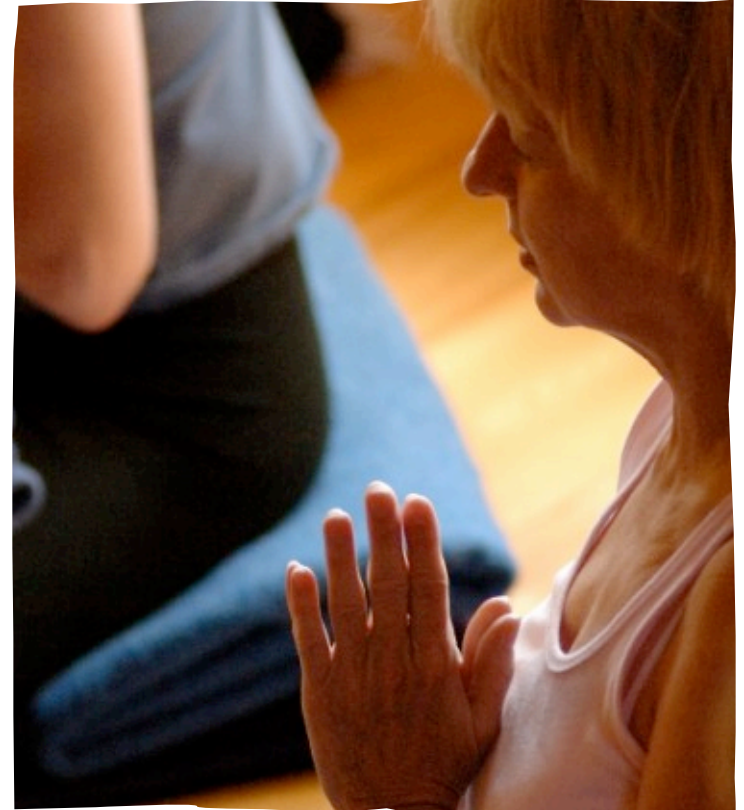
Come away with the tools and knowledge to empower yourself and others to live a more fulfilling and inspired life!

Feathered Pipe Ranch :: Black Tail Ranch, MT

Yoga, the Power to Heal: Therapeutics of Breath, Movement & Sound

Chase Bossart & JJ Gormley

July 28 - August 3, 2012



Alignment of Being

www.feathered-pipe.com/yoga-the-power-to-heal/

Do you have a daily yoga practice for maintaining health, wishing to transform mechanical action into attuned movement inspired by the present condition of your being? Are you a teacher wanting to better understand and affect the underlying issues that present themselves within your students?

Join Chase Bossart and JJ Gormley for an in-depth and focused, week-long exploration of yoga's amazing power to heal. Both being Krishnamacharya Healing & Yoga Foundation teachers and practitioners of Mr. TKV Desikachar's comprehensive system of yoga therapy, will take you on a journey through attentive movement, breath and sound toward the essence of yoga and an understanding of the components that comprise true equanimity and well-being.

The fundamental principles underlying the therapeutic application of yoga and how to incorporate these principles into your practice and teaching will be the focus of this retreat with in-depth discussion and study of the yogic text that form the foundation. The retreat offers you a unique opportunity to immerse yourself in the yogic lifestyle in the open, unencumbered, vastness of the Blacktail Ranch, while immersing yourself in yoga and meditation practices which will deepen your understanding of yoga's healing power.

In practice sessions including āsana, prāṇāyāma, meditation and sound, participants will be led in experiencing a wide array of yogic tools and techniques for developing health and wellness in oneself and others, empowering you with hands-on clinical application of yoga therapy. Theory sessions will then be an opportunity to discuss the tools and principles employed, exploring the yogic philosophy underpinning the therapeutic application of yoga.

Topics to be covered in this training

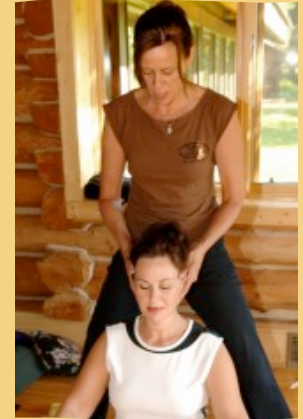
- *Yoga Sūtras* related to Health & Healing
- Yogic Anatomies related to Yoga Therapy including the *Taittirīya*
- *Upaniṣad, Pañcamaya & Sāṅkhyā's* Five Element Theory
- The Individualization of Yogic Techniques
- Physiology of, and Yoga Therapy for, common conditions as suggested by participants

REGISTRATION DETAILS:

Registration Deposit: A \$300 NON-REFUNDABLE deposit is required to hold your space. Final payment is due 8 weeks before the arrival date of your retreat.

Program Tuition: Includes cost all instruction and program activities. Upon registration Feathered Pipe office staff will contact you to reserve your preferred accommodation choice.

Accommodation & Amenities: Includes cost of lodging, meals and general use of the bathhouse, grounds and Feathered Pipe Ranch facilities. Please visit Accommodations & Amenities page to see the many options and costing for lodging.



Additional Services: Horseback Riding, Massage/Bodywork, Laundry, Airport Shuttle Service are available at an additional cost. We accept checks, money orders, and most major credit cards.

Cancellation Policy: For cancellations before 8 weeks out, we will refund all of your payments except the deposit. For cancellations from 8 to 2 weeks out THERE IS NO REFUND; however we will credit any payments over the deposit to another workshop in 2012. For cancellation within 2 weeks of the start of your workshop there is NO REFUND AND NO CREDIT; however workshop may be transferred to another person.

Scholarships: Partial scholarships are available for those needing financial assistance, ranging from \$250-500. Recipients assist Ranch staff in free time and during programs. For Registration Form, please visit the [Feathered Pipe Scholarship Fund](#) page and download the form.

Registration Note: Upon registration and placement of retreat deposit the Feathered Pipe administrative staff will contact your to confirm receiving your registration and will assist with defining your accommodation and transportation requirements. If you wish to facilitate the process please forward your accommodation & transportation preferences via email to kim@featheredpipe.com.

*10% Discount excludes \$25 Montana Tax

Thanks and look forward to seeing you!

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