

# Kate Potter Creator of FitTV Namaste Yoga

Oct 15-17, 2010

**Fees: Entire  
Workshop: \$200/  
pre-register by  
September 20  
for \$185  
Singles: \$60/  
\$50-early fee**

Kate's main focus besides teaching classes and retreats, has been teaching Yoga as Therapy for all conditions. Her study of Ayurveda has given her an informed approach to personalize programs her students needs. In recent years her television show Namaste is seen worldwide on 5 continents. This unbelievable blessing has her teaching internationally, as well as planning on new adventures in production.

**[katepotteryoga.ca](http://katepotteryoga.ca)  
[www.namaste.tv](http://www.namaste.tv)**



## Friday:

### Yoga Defined 6-8:30 pm:

All of us need to define, and re-define Yoga repeatedly, according to our practice, and our depth of understanding. Through the prism of posture, Kate will lead you, breath by breath, through a powerful experience of standing firm and letting go, as we must do in life time and again.

## Saturday:

### Mediation, Mudras, Mantra, Chakras 9-9:30am

Meditation in a group, is a powerful way to encourage your own practice at home. Kate will lead you in techniques, which include mudras, and mantras of the chakras to help freshen your resolve to meditate daily.

### Art of Flow Asana 9:30 am-12pm

Much of Kate's fame as a yoga teacher comes from the ability to phrase, to rework, to join threads, and to divine "flow" out of "static form". Learn to move with breath, and energy patterns to move seamlessly through postures.

## Ayurveda and Asana - 1:30 - 3:30

Ayurveda claims we all need different postures and breathing to balance our unique make up. In this workshop, we will learn the constitutional doshas of Ayurveda, and explore how asanas and prama-yamas can balance the doshas. Kate is working on a new television show called **Namaste: The Five Elements in Yoga** and she will bring to the floor some of her recent work.

## Sunday:

### Meditation 8am-9am

### Namaste Together 9:30 am-12:30 pm

This is a fun filled and informative workshop and an excellent way to learn the original Namaste Television classes which are sold on dvd. Kate will give a thorough warm up Yoga class, with hands on instruction in the "Cat Series" as well as 3 "Namaste Sequences" with breakdowns on the sequencing.

## Integration: 1:30 - 3:30

The conclusion of our Namaste Weekend is an interactive assembly. The format is a circle, and although we may use our mats to review postures or show examples, this is a time for dialogue and discussion. The agenda is: How can we move forward into our life with "a practice" The Practice must make sense in our time on this earth, as humans with fears and false habits that we need to address. Lets go!

