

TESTIMONIALS FOR APARNA'S WORKSHOPS

KATE .H

"Empower Your Flow" Workshop

For me, this workshop brought together fragmentary instructions from 20 years of yoga classes into a coherent whole. I not only learned methods for deepening my poses, but the workshop also helped me with integrating my breath with my movements. I draw on these lessons every day as I practice yoga.

Yoga Nidra Workshop

Practice of Yoga Nidra—a form of meditation I learned from Aparna Levine's workshop—has taught me that I can experience more than one condition at the same time. I can be warm yet have cold feet and hands. I can have a tight muscle in my neck yet notice yet enjoy the openness of my hips. I can feel nervous about something that will happen in the future yet know that within myself I have the strength to deal with what's in front of me. My practice of Yoga Nidra helps me distinguish my fears and worries from reality. What a gift!

Psoas Workshop

Although the psoas is the only muscle that connects the upper and lower parts of the body, I knew almost nothing about it when I took Aparna Levine's workshop. In two hours, I developed awareness of this powerful muscle, learned to strengthen, stretch, and release it, and grew to appreciate its importance in my posture. I incorporate psoas stretches and strengthening poses into my practice several times a week, and inevitably I feel a profound physical and psychological release.

ROBERTA

Psoas Wkshp

I try to take every single workshop I can from Aparna and would never hesitate to repeat a workshop—there is always more information than you can possibly absorb at one time. This is among my all-time "most important" ones as I have tremendous limitations in my psoas area and each workshop gives me new tools for addressing my problems. Aparna presents information in several modalities so that you understand the anatomical relationship of the muscle to movement, but the most important part to me is the series of exercises to gain awareness of the muscle in your own body. For some of us, this is quite difficult. The workshop also provides specific exercises for gaining flexibility and strength in the psoas that I have continue to use in my home practice. I am especially grateful for Aparna's emphasis on being patient with your limitations and trusting in the process. I highly recommend this workshop for getting to know and love this "wonder muscle"!

Headstand wkshp

I recently took Aparna's workshop on headstands—it was incredibly good. The class was a great mix of people at different levels in practicing inversions. By the end, everyone found at least one method of headstand that felt comfortable and safe and we all took home exercises that will benefit us in this and many other poses. Aparna really “gets” some of the emotional barriers and psychological ego stuff that comes with this challenging pose. If you've ever wanted to try headstand, but are nervous about how to get there safely—this workshop is for you. You are bound to come away with a little more knowledge about yourself as well!

Yoga Nidra Wkshp

I LOVE Yoga Nidra which I was introduced to in Aparna's workshops. I now own her Yoga Nidra CD and have bought several copies for friends and family. This is such a powerful method for releasing stress and is accessible to anyone whether or not they've ever meditated or done any yoga. If you want to give yourself a wonderful gift—take this workshop!

TONYA

Psoas Workshop

The Psoas muscle affects so many poses so this workshop is a must to understanding the muscle, how to access it, and how to work on its strength and flexibility. If you have a desk job and sit for hours every day like many of us, your psoas can get weaker and tighter over time. You will learn from Aparna exactly what you need to do to counteract this flexion and bring more stability to the key muscle that connects your upper and lower body. You will be provided a step by step detailed handout so you can practice what you have learned at home. Invaluable information for a yoga practitioner.

Headstand 101 Workshop

If you thought that Headstand 1 was not a pose for you or if you want to master it, then this workshop is perfect for you! I could not do a Headstand and gave up trying because I was concerned that I would cause myself injury. You will learn everything you need to do to prepare your body and know if you are ready for Headstand, and the safe ways to attempt the pose with alternative methods that make the pose possible for almost anyone. Now that I understand the benefits of the Headstand pose, I'm enjoying the challenge, the progress, and I'm now very confident that I will not injure myself.

“Empower Your Flow” Workshop

Aparna is a teacher's teacher and we are fortunate to have someone of her depth and quality in New Mexico. G.B

Aparna is a wonderful mentor whose depth of knowledge, creativity and intuition never cease to inspire and amaze me. - Meg Healy

Aparna is a gifted instructor. Her knowledge of yoga is broad, deep and comes from experience. Her energetic calmness makes her classes enjoyable and challenging. She has the uncanny ability to come right to the heart of an issue, and the integrity to bring it to light gently and firmly -- a skill that I've come to admire deeply. I've had a number of powerful insights and unique spiritual experiences during her classes. I encourage anybody who wants to deepen their experience of yoga (and of themselves) to take the opportunity to join any of her classes. - Greg

‘Yoga Therapeutics’ Wkshp

Aparna is an expert in musculoskeletal alignment and mind body connection. She is able to read structural misalignment and relate it to how the body has compensated over time in order to perform. She has an innate ability to guide you and help you to reflect inside to uncover the true origin of the physical pain and discomfort. Through prescribed exercises, Aparna's approach is subtle and designed to go deep into the body to release the tension and stress of holding patterns we learn to carry for years. - Doug Erb

Today, I feel that I have physically turned a corner and not only feel better, but I feel stronger. I am not as focused on fear that I will injure myself and feel freer to engage in more activities.

Working with Aparna has only added to my own conviction of her abilities and skills as a healing guide. She sees me as a whole being, made of the physical as well as emotional self, and her approach to the physical condition for which I am seeking help, incorporates both.

Margo Nolan MD

Thank you for being the flame that lights my way thank you for all your inspiration, and for being a wonderful teacher. Most of all I thank the universe for letting our paths cross, for I am forever indebted to your wisdom. - Belle