



The Power to Heal: Yoga Therapeutics for Body, Mind, and Heart

With Todd Norian

Feb. 7-8, 2026 at Prana Yoga & Healing Center, Sarasota, FL

Learn to transform pain and limitation into an experience of greater freedom and joy.

For teachers and experienced students of all styles.

10.5 CEUs

Every cell in the body is pre-programmed for healing. It's what the body does. The only problem is that through self-limiting concepts such as, doubt, anxiety, shame, or regret, combined with poor alignment patterns, we get in the way of the body's natural propensity to heal.

When we're out of the way, the body naturally seeks equilibrium and homeostasis which, when attained, is accompanied by inner peace, mental clarity, compassion, connection, and happiness!

During this course, you'll:

- Discover your body's optimal blueprint for radiant health.
- Explore the application of the Four Essentials™ of Ashaya Yoga for optimal movement.
- Practice a variety of postures with therapeutic principles that make each pose come alive.
- Learn how to heal what hurts and prevent common aches and pains.
- Open your heart with the spiritually uplifting, life-transforming Tantric teachings
- Cultivate deep peace through breathing, mantra chanting, meditation, and Yoga Nidra (yogic sleep)
- Receive hands-on adjustments to improve your alignment and find more ease in the poses.
- Experience Todd's beautiful live music and sacred chanting throughout the weekend.

We'll address the hips, shoulders, lower back, feet and knees, neck, and more. Also included is partner work, journal writing, group sharing, Yoga Nidra, and time for Q and A. Individual needs and requests are welcome as we go along.

You will leave this workshop with tools, practices, and the knowledge to free yourself of pain and return to your natural state of ease and well-being.

Ashaya Yoga is an accessible, therapeutic, and safe practice for all levels of beginners to advanced yogis. Modifications are given and you're encouraged to go at your own pace.

Recommended reading: *Todd Norian, Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir* (available at ashayayoga.com and Amazon); *Ashaya Yoga: Align Your Body, Awaken Your Heart Manual*; *Introduction to Ashaya Yoga Therapy Manual* (available only at ashayayoga.com).

Individual Sessions:

Saturday 10-1230 p.m. Overview of Therapeutics: Introduction to Hips, Shoulders, and Feet

Increase your range of motion and the ability to move through life with greater ease. When your hips are open, you'll feel heavenly. The shoulders are like the wings of the heart. When properly aligned, they free the heart to open and soar high above all self-limiting beliefs and concepts. Learn how to bring more aliveness and flexibility to your feet, the foundation for healing all other parts of the body.

Saturday 2-430 p.m. Align the Spine: Restoring the Optimal Curves

The spine's main function is to support the upright posture of the body and protect our nervous system. But often the curves are reversed or twisted, creating pain and preventing the natural flow of energy. We can feel stuck physically with limited range of motion. Mentally, we can feel like we're spiraling downward. We'll work to realign the four curves of the spine (sacral, lumbar, thoracic, and cervical) focusing on specific dysfunctions of the lower, middle, and upper back, including sciatica, bulging discs, tight psoas, tight upper back, and scoliosis.

Sunday 10-1230 p.m. Yoga for Inner Peace: Healing Head and Heart to Access the Flow State

We all long for inner peace – a state of mind where we let go of the “fight” and release trying to control life. But often the head and heart are in conflict, creating unnecessary worry and anxiety. During this session you'll calm the mind and open the heart to create a harmonious resonance of consciousness. Through the practice of mantra, pranayama, meditation, hip openers, and Yoga Nidra, you'll learn how to naturally and effortlessly access the “flow state.”

Sun. 2-430 p.m. Free Your Neck, Shoulders, Knees, Legs, and More

During this session we'll weave it all together and explore the neck, go deeper with the shoulders and hips. We'll look specifically at healing rotator cuff tears, frozen shoulder, biceps tendonitis, and stiff neck. We'll also work with the knees, ankles, and legs, to restore the balance of stability and freedom. Expect some review, additional therapeutics as time allows, and group integration.