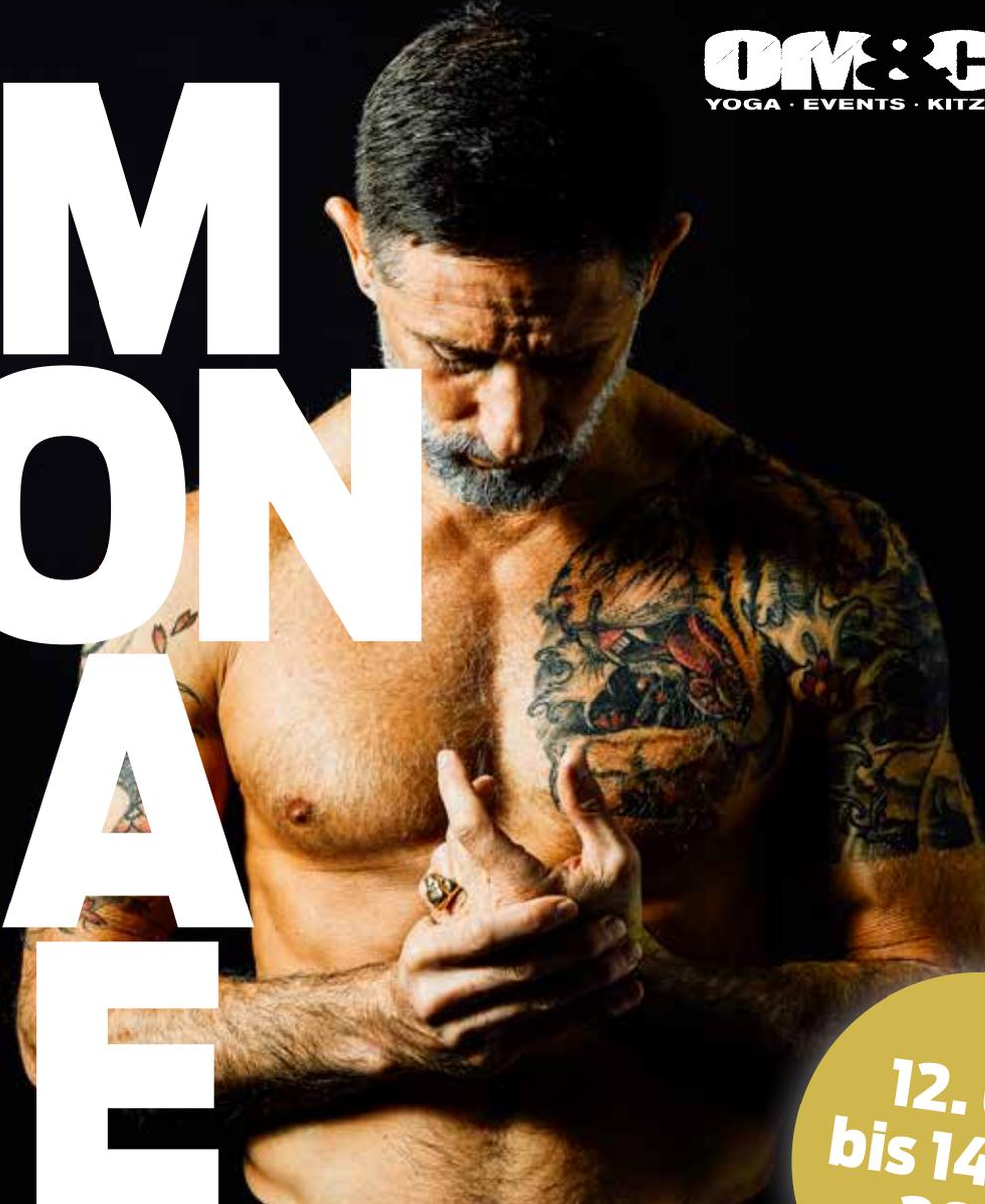


# CAMERON SHAYNE



12. 05.  
bis 14. 05.  
2017

## **A BDK 3-DAY MIXED MOVEMENT ARTS METAMORPHOSIS WITH CAMERON & MELAYNE SHAYNE**

An exclusive opportunity to work directly with the renown Budokon creator, and movement arts teacher of teachers, Cameron Shayne and his wife Melayne, in one of the most stunning locations in Austria. Cameron, whose clients include Jennifer Anniston, Courtney Cox, Meg Ryan, and Renee Russo, has prepared a 3-day program integrating yoga, martial arts, calisthenics, animal locomotion, meditation and mind science designed to challenge and transform you forever.



## Programm

FR, 12. MAI

### 18:00 – 20:00 | BDK MIXED MOVEMENT ARTS

Budokon is one of the most unique contemporary training systems in the world. A BDK mixed movement artist studies striking, grappling, yoga, calisthenics and animal locomotion. The founder and creator of Budokon itself, Cameron Shayne, and his wife Melayne will introduce you to the world of modern martial arts, yoga and calisthenics during this workshop.

This class combines the innovative yogic, martial, and animal locomotive transitions that have made Budokon one of the most renowned and influential movement systems in the world. Our signature Yoga postures develop joint mobility, while the martial arts transitions cultivate muscular integrity. Both are complimented by the tensegrity and agility of animal locomotion. This class is designed for anyone pursuing an intermediate to advanced level of athletic aptitude.

SA, 13. MAI

### 10:30 – 12:30 | BDK CALISTHENICS

The word calisthenics comes from the ancient Greek words kalos (κάλος), which means „beauty“, and sthenos (σθένος), meaning „strength“. It is the art of using one's body weight and qualities of inertia as a means to develop one's physique. This workshop combines Budokon's innovative animal locomotive transitions as well as mobility strength training. The result is incredible power from deep and unusual ranges of motion.

This class is designed for anyone pursuing an intermediate to advanced level of athletic aptitude and inspired to add a creative and strength building element to their yoga practice.

### 15:30 – 18:00 | BDK YOGA

Learn how Budokon combines warrior and yogic principals taught in the tradition of Budokon. As warriors we cultivate the courage and heart to change what we can. As Yogis we cultivate an understanding and acceptance of what we cannot. As Humans we learn to discern the difference between the two. Through Budokon we learn to hold space for long lasting love as yogis, warriors and human beings.

During this workshop Cameron and Melayne will guide you through a flow of the Budokon Yoga Primary and 2nd Series, combining strong and circular sequence of asanas, martial arts transitions, zen meditation and restorative poses to increase your muscular strength, flexibility, concentration, and the cultivation of pure witness state.

SO, 14. MAI

### 10:30 – 12:30 | ARMBALANCES AND INVERSION

Explore 20 different arm balances, inversions and transitions with one of the pioneers of contemporary yoga. Cameron Shayne is renowned for innovating many of the technicians and transitions popular in the field of modern yogic inversion. He and his wife Melayne will share with you the mechanics and psychology needed to take your individual inversion practice to the next level.

### 14:00 – 16:30 | BDK HIPS MOBILITY & AGILITY

Join us for a deep exploration of hip, spine and shoulder mobility with the father of mixed movement arts, and Budokon Yoga founder, Cameron Shayne. Gaining power from the core through the pelvic floor is the foundation for agile movement. In this workshop we will talk about the anatomy of movement in the hip joint and explore a variety of animal locomotion, martial arts, yogic transitions and flexibility techniques that will change the way you move.

## Preise

399,-

Inkludiert: Übernachtungen im Hotel inkl. HP, Teilnahme an alle Workshops

180,-

Inkludiert: alle Workshops – ohne Hotelaufenthalt

**Anmeldung:**

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