

ERIC SHAW, SAN FRANCISCO, CALIFORNIA

www.prasanayoga.com



E r i c Shaw has spent his life teaching and earning degrees and learning more and more about the human body—through athletics, yoga, martial arts, dance, energy work, and anatomy study. He is certified by both Kripalu and Yogaworks teacher training programs.

His first teachers in self-transformation were his parents, Christian ministers who integrated psychology and social justice into their work. He grew up amidst activism, strongly influenced by his father and paternal grandfather's political risk-taking, and his mother's pioneering work in feminism.

He began daily meditation in 1984 and

was introduced to yoga in 1987. His key teachers have been: Paul Grilley, Matt Huish, Natanaga Zhander, Tony Briggs, Arkady Shirin, Sianna Sherman, Karl Erb and Dan Barry. Since 2001, he has taught unique vinyasa forms from Shadow, Ashtanga and other Flow Yogas. In 2005 he created Prasana Yoga from an integration of these systems and exploration of traditional texts.

Eric has earned Masters degrees in Teaching and Religious Studies and notice for his Ph D work in yoga. His classes are vigorous but relaxed, serious but fun, meditative but expressive—and informed by years of formal training in alignment and scholarly work. Eric's lectures on Yoga Philosophy and History are offered worldwide at conferences, studios and universities.

He is writing a book on the History of Modern Yoga for Anusara Press and contributes regularly to periodicals. Eric is the creator of Prasana Yoga, Alignment in Movement, and Yoga Education Through Imagery. www.prasanayoga.com

