

**Wednesday August 11<sup>th</sup> 6-8pm:**

**Restorative Yoga for the Psychonaut**

Much like an astronaut, the psycho-naut ventures into the wide unknown of their own consciousness! Yogic posture is the seat from which Yoga begins and is meant to be practiced along with the study of metaphysical texts. Combining longer holds in deep hip openers with philosophy, we will continue to explore the ultimate text for Yogis—the Yoga Sutra. We will conclude the session with an exploration of Pranayama.

**Thursday August 12<sup>th</sup> 8-11am**

**DRDHAH BHUMIH (Firmly Grounded): Standing & Balancing Postures**

Patanjali encourages yoga aspirants to develop a practice that is steadfast, and firmly grounded. We will investigate standing and balancing postures as a means to systematically approach to stabilize our connection to the Earth with the intent of accessing greater freedom within the self. (AND THE FREEDOM OF THE SPINE THAT ENSUES.) Diagnostic as well as curative, these postures are the vehicle for developing a sustainable practice that has the qualities of integrity of alignment and form.

**Thursday August 12<sup>th</sup> 2-4pm**

**The Aims of Yoga**

A clear map of the yogic experience is laid out as we explore what the process of Yoga is, what constitutes our individual field of consciousness, and the possibilities for accessing personal potential, evolution and freedom.

**Friday August 13<sup>th</sup> 8-11am**

**Fearless Love: Backbending into Freedom**

Patanjali advises us to go forth on the Yogic path with abhyasa and vairagya—effort and release, the two wings of freedom. Backbends are the most challenging, and for some of us, the most terrifying of postures. We will explore the areas necessary for freedom, release and building confidence in a clear and systematic approach that is compression free.

**Friday August 13<sup>th</sup> 2-4pm**

**The 5 seemingly non painful thought processes**

In order to develop an objective perspective of our subjective experience, the five types of thought processes are described. With a sharp and clear understanding of what spins in our minds, we can get off the roller coaster of the "monkey mind", and begin to unravel ourselves from unconscious conditioning.

**Saturday August 14<sup>th</sup> 8-11am**

**Suryanamaskar C: A Meditation on the Joy within Vishoka va Jyotishmati**

Standing and balancing postures linked with Vinyasa cultivate a stable foundation in our ability to set clear roots and provide a firm grounded basis for the wellspring of Joy. The unpredictability of Suryanamaskara C keeps the experience fun, and helps us connect to light heartedness in our heart's center.

**Saturday August 14<sup>th</sup> 2-4pm**

**The 5 Afflictions**

Journey further into the workings of your mind and emotions. and the recognition that all our self defeating patterns boil down to the 5 Klesha, or afflictions.

**Sunday August 15<sup>th</sup> 8-11am**

**YOGA NECTAR; BACKBENDS AND INVERSIONS**

Considered to be the most nectarous of Asanas, backbends and inversions serve to access the endocrine and nervous systems, and transform the neurological and biochemical alchemy of the practitioner inducing states of absorption and Prajna, the awakening of wisdom within.