

Friday 6.30- 8.30pm

Yoga Psychology & the Patanjali Yoga Sutras Part I: The Aims of Yoga

Integrating the definitive guide for Yogis, we will access our hidden potential for uncovering the authentic, individualistic nature of the self, thru identifying the tendencies and challenges that obscure our true nature, and the methods prescribed for the awakening Prajna, the innate wisdom within.

Saturday 8- 11am

Drdhah bhumiḥ : Standing, firmly grounded

Patanjali encourages Yoga aspirants to develop a practice that is firmly grounded. We will investigate the standing and balancing postures as a means to gain a systematic approach to stabilizing our connection to the Earth 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, alignment, and form.

Saturday 2- 4pm

Yoga Psychology & the Patanjali Yoga Sutras Part II: The Kleshas

Further investigation of the Sutras, the obstacles that we are sure to encounter, and how to dissolve them.

Sunday 8- 11am

Tato dvadvanabhigataḥ : Moving beyond duality into one's center

A detailed and methodical process of approaching backbending clears the way for equipoise and finding stability as we reveal the soft underbelly of our being.

Sunday 1- 4pm

Sthiram sukham asanam : Strength without rigidity, relaxation without dullness

Balancing posture and inversions alchemically transform the consciousness of the practitioner into a state of stability, grace and confidence.