

YOGALIFE CURRICULUM * JANUARY - MARCH 2010



RESPECTING THE STRUGGLE

Learn to relate to struggles the way a genuine student relates to a mentor. Yogic Roots of Suffering, Science of the Mind, Digestive Cycle of the Mind, Inner Resistance, Presence with the Pain, Using the Struggle to Cultivate Compassion

Jan 16-17, 2-5 pm



LEAVE THE MASK AT THE DOOR

Exploration into Ego, Identification of Dominant 'Protective Persona', What are we protecting ourselves from? What does it viscerally feel like to live from Ego? How can I transition from Ego (pain) to Heart (calm) in the moment to moment of my day? What does it mean to Witness my Ego?

Jan 23-34, 2-5 pm



MEDITATION IS YOUR NATURAL STATE

Go beyond the idea that meditation is what you do when you sit like a Buddha. Discover yogic practices to help you let down your resistances to being in the flow of your own natural state moment to moment - no matter where you are or what you are doing.

Jan 30-31, 2-5 pm



ANATOMY OF MIND-BODY-SPIRIT

Expand the definition of Anatomy beyond Physiology and Biology. Review our human form from the 3 levels of Mind-Body-Spirit. Review the 7 Chakra System of Yoga, the 7 Pituitary Glands of the Endocrine System, the 7 Major Components of your Physical Anatomy and the 5 Koshas.

Feb 13 - 14, 2-5 pm



ALIGNMENT, FREEDOM, EXPANSION

Integrate Fundamental Principles of Alignment to deepen your experience in each Hatha Yoga Pose. BackBends, Inversions, Twists, ForwardFolds, Balancing Poses. Experience the Body as a Gateway to Freedom. Prepare for a lot of Movement this weekend - internal and external.

Feb 20-21, 2-5 pm



PRANA - THE POWER OF BREATH

Expand your lung capacity and your experience of life through breath and movement. Feel the effects of breath on each class of asana: seated, standing, inversions, forward bends, backbends and supine. Explore Yoga Nidra (the Yoga of Sleep) to release tension and move with ease throughout your days.

Feb 27-28, 2-5 pm



YOGIC SCRIPTURES UNSCRIPTED

A weekend intensive into the Yoga Sutras with Shri Radha & Sumukhi. Shri Radha has humble been a student of yoga since 1977. She and Sumukhi will playfully explore the roots and relevancy of the Yoga Sutras in 2010.

March 13-14, 2-5 pm



PRACTICE,WITNESS,JOURNAL: REPEAT

What does a "Personal Practice" look like? On the Mat? Off the Mat? Life is an ongoing practice. Use your mat and journal as a means of delving deeper, sourcing unconscious wisdom & insight.

March 20-21 pm



DOGMA-FREE YOGA AS A WAY OF LIFE

Integrate all that we've studied. Fitting the pieces together: Science of the mind, Power of Breath, Alignment of Body, Act of Witnessing Self, Practice of Compassion, Wisdom of the Sutras, and the Quiet of Meditation to return to and live from the Heart.

March 27-28