

“Find the Yoga in the Yoga” Workshop

You know it is there, but what is beyond the physical aspect of yoga practice? Beyond the asanas? Stop searching and find those answers here within this workshop. Due to our zeal and enchantment with the physical aspect of asana practice, it is easy to overlook the connection to the deeper meditative aspects of Yoga due to attachment to our five physical senses. Through metaphors, pranayama, and the asanas, this workshop will allow you to reconnect with the sacred aspects of the practice and to explore in-depth the fifth limb of the yoga sutras of Patanjali, which is prathyahara (withdrawal of the senses).

Formats offered:

60, 75, 90, 120, 150 minute classes or workshops on a specific aspect of the practice of yoga.

A number of day intensive workshops (from 1 to 7 days) in a retreat format or otherwise.