



Heather Elton WORKSHOPS

Heather Elton has taught Ashtanga, Hatha and Vinyasa Flow Yoga in London and on over 30 international yoga retreats and workshops, including Yoga Teacher Training in Goa and London. She is a versatile yogini who teaches what is most needed for the practitioner. Her main practices are Astanga and BKS Iyengar methodology. Astanga is taught in the Mysore tradition of 'old school' Sri K Patabbhi Jois, and Vinyasa Krama (or Hatha Flow) is an intelligent linking of poses that explores the physical, mental and subtle aspects of the practice. BKS Iyengar alignment principles are integrated into a mindful Vinyasa practice to explore the inner and outer techniques that tie the poses together in a 'moving meditation'. Yoga philosophy is integrated with asana and breath to

reveal the spiritual path underlying the practice, and the technology to stabilise the mind and liberate ourselves from suffering. Her approach is a deep physical and psychological practice that moves beyond a mere physical experience to make the spiritual yogic inquiry authentic and relevant to real life. The ultimate aim of yoga is love, liberation and freedom. Moksha.

Heather is a certified member of Yoga Alliance at the highest level, E-RYT 500, and her school is certified to offer both RYS 200 and RYS 300 Yoga Teacher Training programs.

FOR FULL TEACHING DETAILS, SEE:
<http://www.eltonyoga.com/teaching.html>



"My intention in teaching yoga is to inspire and challenge people to empower and heal themselves, to release hardness and soften the body, to focus the mind and cultivate inner space, and to take this knowledge off the mat and into your life, so you can walk the earth with ease and grace."



THEMATIC WEEKEND WORKSHOPS 2014/2015

Heather is currently booking workshops for 2014/2015. This document contains descriptions of the various workshops. The information is separated into **Thematic Weekend Workshops** and **Individual Workshops** so that you can either chose a full weekend around one theme or combine individual workshops to suit the needs of your studio.

The Thematic Weekend Workshop take place over 3–4 days and are focused on Adjustment Techniques, Vinyasa Krama: Sequencing Vinyasa Flow, Restorative Yoga and an innovative workshop on Yoga Photography. There are 5 different Thematic Weekend Workshops on offer.

THEMATIC WEEKEND WORKSHOPS

- TW1** Vinyasa of Touch: Adjustments for Life
- TW2** Vinyasa of Touch: Adjustments for Astanga
- TW3** Vinyasa Krama: Sequencing Vinyasa Flow
- TW4** Alchemy of Transformation: Restorative Yoga
- TW5** The Divine Eye: Yoga & Photography

IF YOU WOULD LIKE FURTHER INFORMATION OR
ARE INTERESTED IN BOOKING A WORKSHOP,
PLEASE CONTACT HEATHER AT

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VINYASA OF TOUCH: ADJUSTMENTS FOR LIFE

FULL WEEKEND WORKSHOP. TEACHERS AND SERIOUS PRACTITIONERS

Adjustments for Life workshop is for any serious yoga practitioner, certainly for any aspiring yoga teacher, and anyone interested in finding out more about healthy and safe adjustments studying on real people. The techniques will include traditional adjustments for Ashtanga Vinyasa Yoga and BKS Iyengar principles using props, taking into account common injuries and alignment problems, based on what is going on in 'their' body and mind.

We will systematically study Basic Alignment, Forward Bends, Hip Openers (Standing and Sitting poses), Backbends and Inversions & Restorative postures. Learn to observe and see what's going on in the body. Learn to touch your student in a way that they trust you. Lead them safely and deeper into the posture with the breath so there is no strain, or discomfort, in the pose. Don't injure your students. Help them not to practice harmful alignments or injure themselves due to striving and lack of awareness. Participants will get to adjust others and receive adjustments in each pose. By understanding a few essential concepts, your own yoga practice will make more sense and you'll be able to progress effortlessly.

Friday Night – Basic Alignment Principles & Sun Salutations

Saturday Morning – Forward Bends

Saturday Afternoon – Hip Openers

Sunday Morning – Backbends

Sunday Afternoon – Inversions



VINYASA OF TOUCH: ADJUSTMENTS FOR ASTANGA

FULL WEEKEND WORKSHOP. ALL LEVELS.

Study adjustments for each pose in the Ashtanga Primary Series, taking into account common injuries and alignment problems in actual bodies. It's your responsibility as a teacher not to injure your students. This workshop will investigate the principles of hand-on adjusting, the biomechanics of each asana, and working therapeutically to safely touch the student based on what is going on in 'their' body. Learn to sense energy, and identify 'stuck' energy in the body, that keeps your student in discomfort or repeating habitual patterns (mental/physical/emotional). Learn to touch your student in an intuitive healing manner, so they trust you (and themselves) and can shift blocked energy and move out of pain. Learn to guide the practitioner deeper into the posture with gentle touch and proper use of breath to surrender to the process. Participants will get to adjust others and receive adjustments in each pose. You will learn valuable skills that you can use in your classes and your own practice.

Heather Elton has studied Ashtanga Vinyasa Yoga in Mysore with Sri K Pattabhi Jois, completed her YTT with Richard Freeman, and has taken four of Nancy Gilgoff's 'Adjustment Clinics' to learn how to safely adjust people in the Primary and Intermediate Series. She has taught Mysore Self-Practice and assisted people in their yoga practice for over a decade.

Friday Night – Led Primary Series

Saturday Morning – Sun Salutations & Standing Poses

Saturday Afternoon – Sun Salutations & Sitting Poses to Navasana

Sunday Morning – Led Primary & Boujapid, Kourmasana, Garbha Pindasana

Sunday Afternoon – Back half of the Primary Sequence & Finishing Poses

VINYASA KRAMA: SEQUENCING VINYASA FLOW

3-4 DAY WORKSHOP. TEACHERS' AND SERIOUS YOGA PRACTITIONERS ARE WELCOME.

This workshop is a practical 3 or 4-day workshop designed to help you create Vinyasa Flow sequences and integrate basic anatomy and yogic philosophy into your presentation.

Learn how to teach a mixed-level Vinyasa Flow class and choreograph sequences suited to your individual client needs. This workshop draws its inspiration from various Vinyasa Yoga styles – contemporary and classical Indian – and explores how to modify and evolve postures to create fluid, yet changeable, Hatha Vinyasa-variations suitable for all levels of practitioner. We will look at various forms of Sun Salutations and build movement vocabularies of thematic sequences, including yoga warm-ups (shoulders/elbows/wrists), Forward Bends, Standing Poses, Arm Balances, Hip Openers, Backbends, Inversions and Savasana. You will have an opportunity to create and teach a short sequences for a class, and receive feedback. All movement will be synchronised to the breath, use bandhas and dristi, and integrate yoga philosophy into the sequences to illustrate how the spiritual practice can be taken off the mat and be relevant to life.

Friday Morning – Discussion; Sun Salutations; choreograph a 10-breath Sun Salutation

Friday Afternoon – Demo 10-breath Sun Salutation; Building Vocabulary (Opening Sequence, Standing poses)

Saturday Morning – Building Vocabulary (Sitting & Supine Poses);

Saturday Afternoon – Building Vocabulary (Inversions & Backbends)

Sunday Morning – Rehearsal of 15 min section of class

Sunday Afternoon – Demo of 15 min section of class; Feedback



INNER LIMBS & THE DOORS OF PERCEPTION: THE ALCHEMY OF TRANSFORMATION

FULL WEEKEND WORKSHOP. ALL LEVELS.

Yoga is a Science that trains the mind to diminish suffering through the practice of presence. This is a transformational workshop that explores the 'inner limbs' of yoga – Pratyahara, Dharana and Dhyana – and the subtle energy body, through various techniques of Pranayama, Meditation, Bandhas, Full Body Mudras, Chakras, Restorative Yoga and Yoga Nidra. Dristi and kumbhaka retentions are used to open the doors of perception, focus sensory awareness inward, away from the external world, to penetrate the depths of the unconscious mind. Bandha means 'lock' and Mudra means 'seal'. The human system has many apertures or outlets. By locking and sealing these, awareness and concentration are deepened, fluctuations of the mind, intellect and ego are suspended, and our attention flows towards the Self. The ultimate purpose is to awaken the divine Kundalini energy so it can unite with Purusha in the Sahasrara chakra.

Friday Night – Prananyama and Bandha techniques in Restorative poses; Yoga Nidra

Saturday Morning – Pranayama, Meditation & Mudras

Saturday Afternoon – Subtle Energy Body discussion & Chakra meditation; Restorative Yoga

Sunday Morning – Pranayama, Meditation & Mudras

Sunday Afternoon – Meditation, Restorative Yoga, Yoga Nidra

THE DIVINE EYE: YOGA & PHOTOGRAPHY

FULL WEEKEND WORKSHOP. BASIC PHOTOGRAPHY SKILLS ARE NECESSARY.

Photography is a spiritual journey and an extension of my yoga practice. This innovative workshop combines both photography and asana. It begins with a slideshow – [A Photographic Sadhana: Sacred Sites in India](#) – featuring photography from my travels in India. Ultimately, my intention with photography is to reveal the spirit of the place whether that is found in the Himalayas or the intrinsic devotion of a stone carving. I try to communicate the sense of AWE that I feel in sacred places, the decisive moment when I lose all sense of Self and, for a brief moment, merge with the view – into a blissful Samadhi state. For me, the light is the Guru and photography is a spiritual journey to merge with the divine light within.

We will integrate photography into the asana practice, as a tool to refine our observations skills, and actually ‘see’ what is going on in the poses. It begins with meditation to illuminate concepts of the inner limbs of Yoga: Dristi (gaze), Pratyahara (sense control), Dharana (focus) and Dhyana (meditation). We will practice yoga and photograph important asanas so that the practitioner can see herself in the pose, as well as what the photographer is ‘seeing’ through the lens. It’s important for aspiring photographers to recognize good alignment in the asana, the best angles to convey the essence of the pose, and the ‘decisive moment’ when to take the photo. Each person will have a chance to photograph and be photographed. We will play back the photographs in the last session and have feedback.



INDIVIDUAL WORKSHOPS 2014/2015

The **Individual Workshops** are 2–3 hours in length and can be taught on their own, or combined with others to create your own weekend workshop. There are 16 different workshops and the content includes **Yoga Photography**, **Vinyasa Flow**, **Vinyasa Krama**, **Asana Technique** (Foundations of Yoga, Inversions, Arm Balances, Backbends), **Mindfulness** (Restorative Yoga, *Insight*: Meditation, Yoga Nidra & Savasana, *Seal of Power*: Bandhas, Mudras & Pranayama) and **Yoga Philosophy** (Ancient to Modern, Patanjali's 8-limbed Path, *the Yoga Mind*: Buddhi, Manas, Citta & Amkhara, and Yoga & Buddhism).

INDIVIDUAL WORKSHOPS

YOGA PHOTOGRAPHY

- IW1** A Photographic Sadhana: Sacred Sites in India
- IW2** The Divine Eye: Yoga & Photography

VINYASA FLOW

- IW3** Ekagrata: Breath & Mind in Vinyasa Flow
- IW4** Slow Flow: Meditation in Motion

VINYASA KRAMA

- IW5** Vinyasa Krama: Sequencing Vinyasa Flow

ASANA TECHNIQUE

- IW6** Foundations of Yoga: The Matrix
- IW7** Inversions: Change your Perspective
- IW8** Arm Balances: Effort & Relaxation
- IW9** Backbends: Shiva and Shakti

MINDFULNESS

- IW10** Alchemy of Transformation: Restorative Yoga
- IW11** *Insight*: Meditation, Yoga Nidra and Savasana
- IW12** *Seal of Power*: Bandhas, Mudras & Pranayama

YOGA PHILOSOPHY

- IW13** Yoga Traditions: Ancient to Modern
- IW14** Yoga Sutras: Patanjali's 8 Limbs
- IW15** The Yoga Mind: Buddhi/Manas/Citta/Amkhara
- IW16** The Stain of Perception: Yoga & Buddhism

YOGA PHOTOGRAPHY

IW1 THE DIVINE EYE:
YOGA & PHOTOGRAPHY

3-4 HOUR CLASS. ALL LEVELS.

This is an innovative workshop that combines photography and asana. It begins with meditation to illuminate concepts of the inner limbs of Yoga: Dristi (gaze), Pratyahara (sense control), Dharana (focus) and Dhyana (meditation). We will learn to see clearly and with discernment, without attachment or grasping. It's important for aspiring photographers to recognize good alignment in the asana, the best angles to convey the essence of the pose, and the 'decisive moment' when to take the photo. All you need is a camera and any will do from your iphone to a DSLR.

YOGA PHOTOGRAPHY

IW2 A PHOTOGRAPHIC
SADHANA:
SACRED SITES IN INDIA

2 HOUR SLIDESHOW. ALL LEVELS.

Photography is a spiritual journey and an extension of my yoga practice. I try to integrate yogic techniques into my photographic process. Dristi (gaze) helps me to 'see' the pure essence of what is expressed. I try to practice Santosha (contentment) and be happy with what I encounter in the present moment. I try to practice Aparigraha (non-covetousness) so not to be greedy and insatiable in taking the images. Photography is so seductive it can easily thrust you into an act of obsessive desire for perfection and covetousness of the moment. Then, I turn off my Nikon and Leica D-Lux 5, look inside in Self-Inquiry to quiet the grasping ego and empty my mind. Ultimately, my intention with photography is to reveal the spirit of the place whether that is found in the Himalayas or the intrinsic devotion of a stone carving. I try to communicate the sense of AWE that I feel in sacred places, the decisive moment when I lose all sense of Self and, for a brief moment, merge with the view – into a blissful Samadhi state like when the yogi is absorbed into the One. For me, the light is the Guru and photography is a spiritual journey to merge with the divine light within.

My photographs have been published in Rough Guides and Fodor's, as well as international magazines – Namarupa, Yoga Journal, National Geographic, Esquire, Marie-Claire, The Times, Sunday Times, The Guardian and Home & Garden. My photography is represented by Axiom Photographic Agency / Designpics in London.

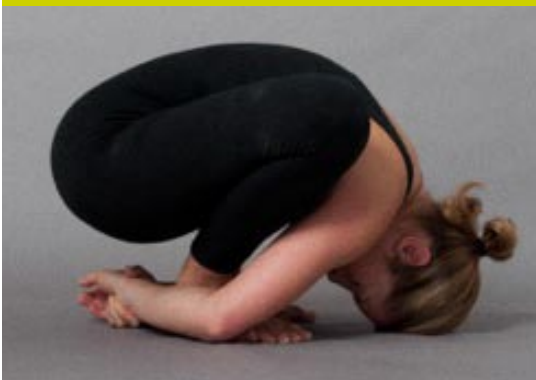
VINYASA FLOW

IW3 **EKAGRATA:**
BREATH & MIND IN
VINYASA FLOW

2-3 HOUR LECTURE & CLASS. ALL LEVELS.

A Vinyasa Flow workshop that integrates Patanjali's 8 Limbs of Yoga into the practice. Vinyasa means 'to place in a special way'. Do your practice with purpose by placing the mind, body, gaze, breath and energy with intention. Shift your awareness from the surface to the core. Breath, presence and compassion are interwoven with the 'inner limbs' of yoga that develop focus and concentration skills, to connect to emotional intelligence and lucidity of mind. See the world clearly with yogic vision. Hone awareness to a single point – ekagrata – and experience inner reality. Become the pose and let it be an expression of your highest purpose. Cut through Maya, the illusion (ego) of separateness. Get connected. Every breath you take will help you to break down any sense of isolation and disconnection. Stabilise the mind and control your reactions. Change yourself and make the world a better place.

VINYASA FLOW

IW4 **SLOW FLOW:**
MEDITATION IN MOTION

2-3 HOUR LECTURE & CLASS. ALL LEVELS.

Yoga is not gymnastics. It's an ancient Indian science that uses the body and breath to penetrate the mind and liberate us from suffering. A transformational practice that integrates ancient wisdom traditions with contemporary psychology in a mindful practice designed to diminish suffering in our lives. Develop awareness in your body and mind to simply be 'present.' Investigate the inner/outer techniques of contemporary Vinyasa that reveal the spiritual path underlying the practice. Learn the principles of subtle alignment, breath/bandhas/dristi, and the methodology that ties poses together into a seamless 'moving meditation'; and the technology to stabilize the mind and glimpse at our true nature. Asana is the starting place for meditation, for a genuine yogic inquiry that moves the practice beyond the physical experience and makes it relevant to real life.

VINYASA KRAMA

IW5 **VINYASA KRAMA:**
SEQUENCING VINYASA FLOW3-4 HOUR CLASS. TEACHERS' WORKSHOP.
SERIOUS PRACTITIONERS ARE WELCOME.

While this workshop doesn't give you the opportunity to actually create and teach a Vinyasa sequence, we will practice different Vinyasa Flow sequences to build movement vocabularies and integrate basic anatomy and yogic philosophy into your class. This workshop draws its inspiration from various Vinyasa Yoga styles – contemporary and classical Indian – and explores how to modify and evolve postures to create fluid, yet changeable, Hatha Vinyasa variations suitable for all levels of practitioner. We will look at various forms of Sun Salutations and build movement vocabularies of thematic sequences, including yoga warm-ups (shoulders/elbows/wrists), Forward Bends, Standing Poses, Arm Balances, Hip Openers, Backbends, Inversions and Savasana. All movement will be synchronised to the breath, use bandhas and dristi, and integrate yoga philosophy into the sequences to illustrate how the spiritual practice can be taken off the mat and be relevant to life.

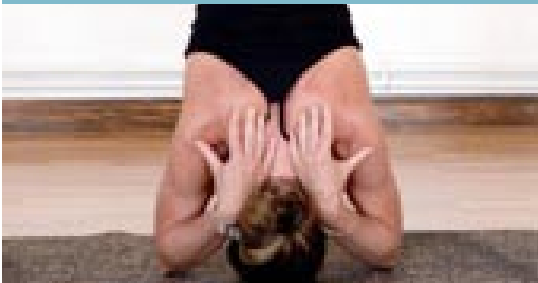
ASANA TECHNIQUE

IW6 FOUNDATIONS OF YOGA:
THE MATRIX

3 HOURS. ALL LEVELS.

This workshop looks at the fundamental alignment concepts in yoga asana to help you refine your practice and overcome injuries. It will reveal a kind of yoga Matrix in which thematic techniques can be applied to various asana sequences: Forward Bends, Backbends, Twists, Supine & Inversions. Props will also be used to assist you in getting the best out of your practice. All movement will be synchronised to the breath, use bandhas and dristi, and integrate yoga philosophy into the sequences to illustrate how the spiritual practice can be taken off the mat and be relevant to life.

ASANA TECHNIQUE

IW7 INVERSIONS:
CHANGE YOUR PERSPECTIVE

3 HOURS. INTERMEDIATE PRACTITIONERS.

Discover how to safely and confidently execute inverted postures. This workshop will dramatically enhance your inversions by improving their foundation and then working up your body to align your whole posture. Use breath and technique to move through fear and work comfortably on your edge, in an unknown world upside down. Poses will include Sirsasana, Urdhva Hastasana, Pincha Mayurasana and Saravangasana. Preparatory poses and restorative alternatives will be offered for students with limitations. More skillful practitioners can explore inversions within a Vinyasa context. Learn how to change a Crow into a Headstand, float from Down Dog to Scorpion and breathe into a Handstand. It isn't just about how flexible or strong you are, but what you do when you get there.

ASANA TECHNIQUE

IW8 ARM BALANCES:
EFFORT & RELAXATION

3 HOURS. INTERMEDIATE PRACTITIONERS.

Cultivate a playful and non-striving approach to find the delicate balance between effort and relaxation to make these poses feel weightless. Understand the process as a way to deal with any challenging situation that occurs in your life through understanding, acceptance, and resilience. We begin with Sun Salutations to warm up the body, develop the inner breath and bandhas, and work systematically towards arm balances, understanding the mechanics and leverage needed to balance and fly on your yoga mat. Bakasana, Koundinyasa, Astavakrasana, Pincha Mayurasana, Parshva Mayurasana, Handstand and Sirsasana variations will be explored.

Note: [INVERSIONS & ARM BALANCES](#) can also be taught together in one 3-4 hour workshop.

ASANA TECHNIQUE

IW9 BACKBENDS:
SHIVA AND SHAKTI

3 HOURS. INTERMEDIATE PRACTITIONERS.

Learn to backbend without causing compression and pain in the lower back and neck. This workshop will provide useful techniques so that backbends will be less of a struggle and more satisfying. We begin with a 'classical' Indian yoga sequence that lengthens the front of the body, opens the shoulders and the hips, and prepares the body for backbends. Hatha-variations on crescent moons, pigeons and asanas from the Astanga Intermediate Series (Salambhasana, Bhikasana, Dhanurasana, Ustrasana, Laghu Vajrasana, Kapotasana) will be explored, as well as BKS Iyengar techniques with chairs and props. Proper alignment and understanding of the mechanics in of the pose will help to open the shoulders and hips, protect the lower back, and give you the techniques to approach standing backbends.

MINDFULNESS
IW10 **ALCHEMY OF
TRANSFORMATION:**
RESTORATIVE YOGA



2-3 HOURS. ALL LEVELS.

Many of us have stressful jobs, live in over-crowded and polluted cities detached from nature, our minds are over-stimulated with information, and we are exhausted with a chronic inability to rest. Our sympathetic nervous system is in a constant state of heightened alertness as if under attack. Anxiety, stress, headache, insomnia and depression are on the increase. Our hormonal system is imbalanced and we suffer from diabetes, hypertension, infertility, digestion/elimination disorders, stress-related weight gain, and chronic fatigue syndrome. Instead of sweating it out with Bikram, or in another kickass Vinyasa class, we really need to soothe our jangled nervous system.

This workshop integrates restorative poses with ancient wisdom traditions and contemporary psychology. Breath, presence and compassion are interwoven in a way that can shift energetic blockages, release hardness and holding patterns in the body, allow you to experience deep inner peace and insight, and be at ease in the present moment. Let the body enter the deep, restful state it deserves. **Yoga is fundamentally an act of kindness toward oneself.**

Note: **ALCHEMY OF TRANSFORMATION** can also be taught as a full weekend workshop including Pranayama, Meditation, Bandhas, Full Body Mudras, Chakras and Yoga Nidra.

MINDFULNESS
IW11 **INSIGHT:**
MEDITATION, YOGA NIDRA
AND SAVASANA



2-3 HOURS. ALL LEVELS.

This workshop introduces basic meditation techniques from the ancient wisdom traditions to develop focus and concentration skills, diminish anxiety and stress, and help you identify and change thought patterns in the mind that perpetuate suffering. Buddhist Shamatha and Vipassana techniques, Tibetan Loving Kindness prayer and Theravadan Walking Meditation will be taught, as well as basic Chakra meditation, Yoga Nidra and a blissful Savasana. Develop awareness in your body and mind to simply be 'present.' Breath, presence and compassion are interwoven to develop focus and concentration skills, to connect to emotional intelligence and lucidity of mind.

Note: **INSIGHT** can also be taught as a full weekend workshop including Pranayama, Bandhas, Full Body Mudras, Restorative Yoga and Yoga Nidra.

MINDFULNESS
IW12 **SEAL OF POWER:**
BANDHAS, MUDRAS &
PRANAYAMA



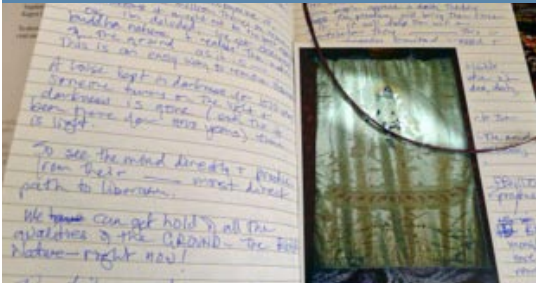
2-3 HOURS. INTERMEDIATE PRACTITIONERS.

Bandha means 'lock' and mudra means 'seal'. The human system has many apertures or outlets. By locking and sealing these, awareness and concentration is deepened, fluctuations of the mind, intellect and ego are suspended, so that attention is drawn in towards the Self. The ultimate purpose is to awaken the divine Kundalini energy so it can find union with Purusha in the Sahasrara chakra. Pranayama is the most powerful instrument to activate sushumna nadi, bringing about a complete transformation in consciousness. This workshop explores the inner limbs of yoga – Pratyahara, Dharana and Dhyana – and use Dristi and kumbhaka retentions to focus the mind inwards on the Self. The Hatha Yoga Pradipika describes mudras like this: "Happiness should emerge from your heart like hair sprouts from your head."

Note: **SEAL OF POWER** can also be taught as a full weekend workshop including Restorative Yoga and Yoga Nidra.

PHILOSOPHY

IW13 YOGA TRADITIONS: ANCIENT TO MODERN



2 HOUR LECTURE. ALL LEVELS.

This lecture is an introductory overview of the history of Yoga, from the Indus Valley times through to modern yoga, noting important paradigms and classical texts along the way that transformed yogic practice. It will take a brief look at the Vedas and sacrifice, Samkhya, Vedanta & Advaita Vedanta, *Bhagavad Gita*, The Renunciate Movement, Buddhism & the Upanishadic Movement, Yoga systems (Mantra, Karma, Jnana, Bhakti, Classical, Tantric, Hatha), and modern yoga in the Krishnamacharya lineage. This workshop will also include a slideshow.

PHILOSOPHY

IW14 YOGA SUTRAS: PATANJALI'S 8 LIMBS



2 HOUR LECTURE. ALL LEVELS.

This workshop looks at various interpretations of the 8 limbs of Yoga in the Yoga Sutras, written in approximately 200 BCE, and questions how they fit into our contemporary existence so that the yoga practice becomes an authentic spiritual inquiry relevant to real life. We'll discuss the 8 limbs and other key sutras that are definitive for the yoga practice. In a world where yoga is increasing detached from it's historical roots, it seems important to look at this classical text to cultivate the necessary ingredients on the path to enlightenment. The ultimate aim of yoga is love, liberation and freedom. **Moksha**.

Note: This workshop works nicely with [EKAGRATA: BREATH & MIND IN VINYASA FLOW](#) to give students the opportunity to apply the philosophy into the practice and life.

PHILOSOPHY

IW15 YOGA MIND: BUDDHI/MANAS/CITTA/AMKHARA



2 HOUR LECTURE. ALL LEVELS.

This workshop looks at classical Indian Samkhya philosophy to understand how our mind works. It can be seen as an ancient neuroscience, an investigation into how we construct our reality from the sense objects, and what we do with that information. Buddhi is the higher intelligence; the discerning mind. Citta is where impressions are stored in the unconscious. Amhara is the 'I' maker of ego. Manas is the sensory processing mind. The more we understand the relationship between these parts, the more we can learn to diminish suffering in our lives.

PHILOSOPHY

IW16 THE STAIN OF PERCEPTION: YOGA & BUDDHISM



3 HOUR LECTURE & CLASS. ALL LEVELS.

This workshop takes a look at the classical Indian Samkhya philosophy and concepts found in the Tibetan Vajrayana Buddhism. Tantra, Non-dualism, the path to enlightenment, and the yogic traditions of Buddhism will be examined. This workshop will also include a slideshow, a short screening of a Tibetan yogi film, and a Tibetan Yantra Yoga class. Tibetan Yantra Yoga is a system of physical movements that integrates pranayama and retentions, as part of the Dzogchen tradition. It is attributed to Vairocana, the great Indian siddha who took the practice to Tibet in the 8th C.E.. The Tibetans have kept it secret for centuries and it might be the purest form of ancient Indian yoga that exists. Some interesting ancient Vinyasa sequences.