

Delving into our "Super" Natural Gifts Yoga Workshop with Lynne Minton

SEPTEMBER 25-27, 2015

Friday 6:00-8:00 pm Hip openers and forward bends

Saturday 9:00-11:30 am Balance and core

1:30-4:00 pm Inversions and restoratives

Sunday 9:00-12:00 pm Shoulder openers and backbends

Tuition: \$185 for complete weekend workshop

\$170 if paid in full by September 1, 2015

Partial attendance will be considered if space remains

For registration or any questions, please call or email Morgan Bursiel:
907-456-1427 or morganbursiel@gmail.com

Delving into Our "Super" Natural Gifts

Book III of Patanjali's Yoga sutras can be intimidating and vexing to our logical linear way of thinking. There are layers of meaning and even practical ways to look at the seemingly miraculous powers that Patanjali says are bestowed on the adept practitioner of yoga. Although the outcomes may be super, the process is natural: Tapas, the spark of interest and enthusiasm, Svadyaya the deep and childlike curiosity to learn about our true nature and Isvara Pranidhana, the realization that there is no end to the profound and awe inspiring nature of our own Being.

These three are called Kriya Yoga by Patanjali and will be a basis for our practice and discussions in this workshop.



This workshop is sponsored by Morgan Bursiel morganbursiel@gmail.com
and hosted by Heart Stream Yoga East
1221 Noble Street | Fairbanks AK 99712
(907) 474-8108 | bighearts@heartstreamyoga.com |
www.heartstreamyoga.com