



## GROOVY YOGI WORKSHOPS

### **Finding Your Truth**

2.5 – 3 hours, held after dark

In this workshop, we will explore where breath, yoga, dance and truth meet. At this juncture, you discover much about your relationship with your body, mind and spirit. The workshop begins with flow yoga, eventually moving to a contact dance format. Contact dance follows no rules except that you feel the music and allow it to work its way through your body and soul. Contact dance prepares the body-mind for satsang. Satsang is a Sanskrit word meaning 'meeting in truth'. Satsang starts with a silent meditation, followed by an opportunity to ask questions about yourself or life in general. As a community, participants in this workshop will engage in the practice of satsang – the only requirement being that each person is fully present in the discussion to follow.

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### **Groovy Yoga Training Intensive: So You Think You Want to Teach Yoga**

One Day Intensive

You've been practicing yoga for a while now, and it has become so much a part of your wellbeing that you think it may be time to share it with others. Before you invest in an expensive yoga teacher training program, though, you want to know what to expect. You would even like a chance to teach in a nurturing environment, with gentle critique. Here is your chance: join us for this "what to expect" intensive!

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### **How to Have a Daily Yoga Practice**

3 hours

This workshop is for beginners and intermediate students. We all want to have a daily practice, but sometimes the mind goes blank as soon as we get on the mat at home. In this workshop, we will work on various yoga poses (standing poses, forward bends, backbends, twists, balancing and inversions) in a sequential manner. We will discuss which poses shift naturally into others and why. This intensive workshop consists of a short yoga practice followed by a discussion of the essential issues in developing a home practice. They include:

- setting an intention
  - clarifying goals
  - examining practical considerations
  - identifying obstacles
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### **Yin Yoga & Meditation**

2 hour special class or workshop

Each season has its own personality, mood, and energy; together we will explore the energies of autumn. We'll begin by a quiet exploration of our bodies and minds with Yin Yoga, which encourages the body to open as each pose is held passively for several minutes. Yin Yoga targets the deep connective tissues that run throughout our bodies and activates the movement of prana. Settling ourselves peacefully into the present moment, we'll explore practices such as sitting, walking, and interacting with the external environment mindfully. This quiet practice will open our hearts, helping us to savor the present moment rather than dwelling in past conflicts and hurt.

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### **How to Stay Young . . . While Growing Older: A Laughter Workshop**

2.5- 3 hours

Release your inner child, and learn how to laugh for no reason at all. Take the old proverb "laughter is the best medicine" to heart and get a healthy dose in this 2-hour workshop. We will explore humor and spirituality, the advantages of growing older, and simply not taking ourselves too seriously as we have lots of fun practicing yoga. It's not about being funny, but rather living with light-heartedness and maintaining our sense of humor in an often humorless world.

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