



The Fabric of Awareness: The Therapeutic Wisdom of Yoga Discovered Through Practice

with Doug Keller, June 2-4, 2017 at Sorrento Centre, BC

Friday 6:30-9pm Threads in the Fabric of the Arms: Beneficial Alignment & Action for the Shoulders

In this asana practice we'll explore the threads of connection from the hands through the wrists, forearms and elbows to the shoulders in a range of postures and variations. Effective alignment of the shoulders in asana, as well as variations for students who are either tight or hypermobile, are best understood by knowing and understanding these 'sutras' and how they function in asana.

Saturday 7-7:30am Meditation with Doug Keller

Saturday 9-noon The Bandha Connection: A 'Cranio-Sacral' Understanding of the Bandhas in Asana Practice

The sacrum is the one bone in the body named after the 'sacred,' and it provides the foundation for both our embodiment in movement as well as a subtle pathway to self-awareness. Sacral stability and freedom are becoming key concerns in yoga, especially as injuries arise from both hypermobility in asana practice as well as tendencies to 'push' against our inflexibility. The bandhas connect the actions of our head, neck and shoulders to the movement of our low back and sacrum, and yet this connection is overlooked in asana practice.

Saturday 2:30pm – 5:30pm Foundations for Flight: The Lower Body, with Secrets of the Hamstrings & Extra Love for the Knees

Just as the first session explored the muscular connections through threads of the arms and shoulders, with their foundation in the hands, this session will connect to foundations in the feet, knees and hips. The practice will flow through asana, with practical tips for self-awareness and emphasis on actions that bring the greatest positive benefit as well as protection from injury.

Saturday evening 7:15-9:15pm Breath of Bliss with Carla Wainwright

The Breath of Bliss experience draws on the work of Advaita, Science of Mind, Tantra, and conscious, loving exercises which amplify your sense of wholeness. Through inquiry, participants develop self-awareness and radical self-responsibility, moving toward a total awareness and the bliss that is aroused from allowing everything to be exactly as it is. In this place we remember that we are connected, resourceful and whole.

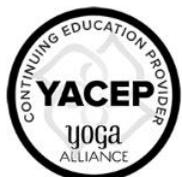
Sunday 7-7:30am Meditation with Doug Keller

Sunday 7:30-8:50am The Core & Sacral Stability in Hip Openings & Twists: Uddiyana Bandha

Hip openings and twists are an integral part of yoga practice; at the same time, they present challenges for both the stiff and the hyper-mobile. We will cover some techniques for making better progress in these poses, particularly in preparation for sitting. And special attention will be devoted to stabilizing the sacroiliac joints, which often suffer from these poses – particularly twists. The essence of the actions that protect the low back and sacroiliac joints as well as facilitating satisfying openings and twists lies in Uddiyana Bandha, which we will explore deeply.

Sunday 10:30-11:45am Breakthrough: The Emergence of the Deeper Yoga In Which Yoga and Christian Mysticism Merged

The 14th century saw the emergence of a new and deeper yoga, one that drew upon physical practices of old as well as incorporating elements of action, breath, sound and meditation developed within Tantra. These appeared in and evolved through the texts of hatha yoga, and represented a deeper vision of the experience of yoga and its relationship to the life of participation in the world — and of the experience of awakening that brings us to it. In the same centuries, there emerged a vision of Christianity and of the inner awakening represented by Meister Eckhart and other Christian mystics. This vision and its development ran parallel to the developments within yoga in its understanding of the mystic's spiritual vision, and even contained elements among some of the mystics that resonate with the idea of the chakras. At the heart was Eckhart's articulation of the 'Breakthrough' within to the Divine, which transforms our outer life.



This retreat is held at Sorrento Centre, 1159 Passchendaele Rd, Sorrento, BC, and is valid for 14.5 hour CEU (Continuing Education Credits) for Yoga Alliance. To register or for more information go to www.soyayoga.com/events, info@soyayoga.com, phone 250-492-2587