



## SOYA 25<sup>th</sup> Anniversary Retreat

With special guests Dr. Lorin Roche, Author of *The Radiance Sutras*, with his wife Camille Maurine, teaching **"MEDITATING IN THE BODY OF LOVE"**  
**June 5-7, 2020 at Sorrento Centre, Sorrento BC.**  
**Arrive Early and Take It All In!**

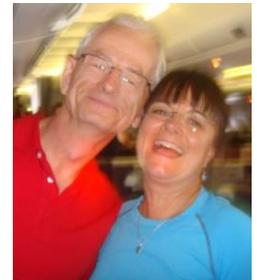
*Asana Sessions are themed around the Radiance Sutras  
And led by our SOYA Teacher Training Faculty,-  
a huge part of the success of SOYA Yoga Teacher Training*

### Friday Noon: Registration Opens

**Friday 3-4 pm Dorothy and Del Fizzell** – Teacher Training in Pitt Meadows, BC. *Dorothy has been teaching yoga for 22 years and Del for 8 years. Jools Andrés teaches with them, and is unfortunately not at this event.*

#### **Sutra 27 – Flow with the Six Kinds of Asana for Luminous Connections in the Body**

Classical Yoga teaches there are six types of asana that, if included in every practice, will bring balance to the systems of the body. When we become more balanced, we can become more confident, freeing us to delight in the awe of our individual uniqueness through the physical expression of asana flows. Listen to your inner knowing, move with intention, and discover body wisdom.



#### **Friday 4:15 – 5:15 TWO Optional Sessions**

**4:15 – 5:15 Gail Thompson** – Teacher Training in Creston, BC and **Terri McDermott** – Teacher Training in Michigan and Florida. *Gail has been teaching for 16 years and Terri for 8 years.*

#### **Yukti 11 Nyasa: The practice of Mantra with Touch.**

Nyasa is a classical practice when one touches an area of the body while chanting certain mantras. The nyasas open and close energy circuits in the subtle body in a beneficial way, just as mudras do. In this practice, we will work with partners to join energy in specific asanas, using affirmation or mantra, to bring the best energetic connection to the individual location within the physical body.



**OR**

**4:15 – 5:15 Helen Mikuska and Becky Stone** – Teacher Training in Calgary and Strathmore, AB.

*Helen has been teaching for 16 years, and Becky for 10 years.*

#### **Sutra 34 - The Elements of Earth, Water, Fire, Air & Ether - What we are made of.**

Humans are deeply woven into the intricate web of the universe and the five elements. This session will include Surya Namaskar, asana, pranayama, mantra, yantra and mudra to invoke the unique pranic frequencies of the elements of which we are composed. Concludes with an elemental meditation and yoga nidra. Travel deeper into the recesses of your subtler layers; "Om Namaha Shivaya".



### Friday 5:30pm DINNER at Sorrento Centre Dining Room

### Friday 6:45pm Official Welcome at the Sorrento Community Hall

### Friday night 7-9:30 pm **The Three Loves of Shakti, with Dr Lorin Roche and Camille Maurine**



For people who live in the world and have busy lives, meditation is a dynamic flow of resting, healing, and rehearsing future actions. This is the inner asana sequence of meditation, antar anga. The life force, pranashakti, is always engaged in healing, recharging, and evolving our bodies. When we make friends with prana, then meditation has a quality of effortlessness and naturalness. You will have a chance to explore a variety of delightful and effortless meditation practices.

### SATURDAY

**Saturday 6:30-7:45am Natasha Scott and Elaine LaMarre** – Teacher Training in Penticton and Mexico

*Natasha has been teaching for 11 years and Elaine for 7 years.*

#### **Yukti 15 – Anahata: Unstruck**

Our heart responds to gentleness. When we are gentle, hearts allow us to enter for a sacred adventure! Then we can learn to listen to the whispers and rushing of our internal flowing currents by tuning into our own heart vibrations. Through joyful play and flowing gentle movement, sound, breath and meditation, we will explore the unstruck, un wounded sacred space residing within.



### Saturday 8am BREAKFAST at Sorrento Centre Dining Room

**Saturday 9:30am-12:30 pm Moving with Your 21 Senses, with Dr Lorin Roche & Camille Maurine**



You don't just have 5 senses: vision, hearing, touch, smell, and taste. You also have senses of balance, joint position, movement, muscle stretch, temperature, hunger, oxygen content in your blood, and others. In yoga, the senses are called the indriyas, the companions of the divine, for each sense informs us of what is going on in the world, in this divine universe, of which our bodies are a part. We will spend the morning in motion, savoring all kinds of spontaneous movement as we practice inhabiting the richness of our sensory world.

**Saturday 12:30 LUNCH at Sorrento Centre Dining Room**

**Saturday 2:30 pm - 4:00 pm Four Levels of Mantra, with Dr Lorin Roche and Camille Maurine**



Mantra Yoga describes four levels of speech, from ordinary sounds made with our vocal cords, to inward listening, to subtle beholding of a mantra, to the transcendental. Thus, Sanskrit is designed to be listened to out loud, also as a whisper, inwardly as a soft pulsation, heard as a barely-there vibration, and as a lively silence. We will explore these levels of sound and perhaps add several more transitional levels. All mantras are said to emanate from OM, and OM is defined as the primordial YES, the fundamental vibration of joy permeating all creation. You will have a chance to discover, invent, and develop mantras that you love so much you delight in being with them.

**Saturday 4:10-5:30pm Mugs McConnell and Dariel Vogel – Founders of SOYA Yoga Teacher Training Exploring Yuktis 8, 12, and 24**

Awareness of the breath can alter our perception of the body in the stability of asana, the flow of movement, and the silence of yoga nidra. Our body resides "in the middle," between the polarities of earth and sky, or foundation and spaciousness. In this session we will use the breath to explore this relationship and infuse ourselves with the qualities of all three. *Mugs McConnell and Dariel Vogel have both been teaching for 42 years.*



**Saturday 5:30pm DINNER at Sorrento Centre Dining Room**

**Saturday evening 7:30-9:30 pm At Play with The Radiance Sutras. A Sutra Jam with Dr Lorin Roche and Camille Maurine. Bring your musical instruments and let's play!**



The Vijnana Bhairava Tantra presents 112 doorways to ecstatic awareness of the life force. Lorin's version of the text is called The Radiance Sutras. We will be playing around with the text in both Sanskrit and English, letting ourselves be surprised as we discover what is resonating in our bodies. Through play and improvisation we find our way. We each need four or five different meditation techniques to refresh ourselves and match our inner experience as we live our daily lives.

**SUNDAY**

**Sunday 6:30-7:45am Cindy Szekely and Emma Faulkner – Teacher Training in Prince George, BC Yukti 7 – Chakra Opening with Bija Mantras**

The chakras are the distributors of our prana, our "life force" energy. Cindy and Emma will guide you through an exploration of the chakras from root to crown, combining a sequence of chakra-activating asanas and a series of chakra-resonating bijas (seed sounds). This class will open your day with good vibrations! *Cindy has been teaching for 13 years and Emma for 8 years.*



**Sunday 8am BREAKFAST at Sorrento Centre Dining Room**

**Sunday morning 9:30-12 noon Customizing Meditation to Fit Individual Need, with Dr Lorin Roche and Camille Maurine**



Unlike asana, meditation is almost invisible. You don't know what a person is actually doing to themselves inside, or what they are experiencing, unless you get the student talking, and listen. Just as standard asana needs to be modified to suit each individual body, so does meditation. If we realize meditation is an internal asana flow, in which pranashakti is taking care of our needs, then we understand that a healthy practice is one that honors individuality. In this session we will explore the kinds of "modifications," or corrections that meditators need. But just like asana, most meditators are unconsciously doing subtle moves inside that are damaging and weakening, and lead to long-term cumulative injuries.

**12-12:30pm Closing of the 25th Anniversary Retreat**

**Sunday 12:30 LUNCH at Sorrento Centre Dining Room**