



Mindful Turtle Yoga & Wellness

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UNDERSTANDING YOGA: MOVING FROM GROSS TO SUBTLE

A Three-Part Series with Danielle Tarantola

While most of us are introduced to yoga through the practice of postures, if it stops there, it's not yoga at all. The power of yoga lies in its ability to meet us where we are and gradually lead us to deeper levels of stability and ease - not just in class - but as we move through life. In this three-part series of workshops, you will learn how yoga can realistically serve this ultimate purpose in your own life.

Part One - The Path of Yoga

Saturday, February 27th from 1:15 to 4:15pm

Why did you initially come to yoga? Are those things you were trying to accomplish coming into fruition? Are you becoming happier, healthier, calmer, clearer - not just for a few minutes, but beyond your group class and in your life? So that it works, we should understand vital, theoretical concepts as we begin to spend more time and energy on the practice of yoga. The workshop, based on the text Yoga Sutras, will:

- clarify the term 'yoga'
- elucidate the means to reach a state of yoga
- put forth a timeline of yoga practices appropriate for different stages of life
- introduce the ashtanga yoga of patanjali, a process of external and internal purification
- give you a chance to experience more tools than just asanas, like pranayama, chanting, and visualization, within a practice

Part Two - Subtle Body Revealed

Saturday, March 20th from 1:15 to 4:15pm

Perhaps we are so accustomed to Western concepts of the physical that we haven't even considered another perspective on how and why yoga works. Is there anything much to this practice beyond stretching and strengthening, and taking a designated hour of 'me time?' In this workshop, you will begin to:

- explore a model of human anatomy which operates on a more subtle level than physical
- delve into the concept of prana
- discover why breath is so important
- acquaint with the concepts cakras, kundalini, and related topics
- understand how asanas are actually formulated around particular functions, rather than perfection of form
- practically experience 'simple' practices which have profound results

Part Three - Meditation and Transformation

Saturday, April 24th from 1:15 to 4:15pm

Meditation and yoga are not separate practices. They function to lead us, ideally, from confusion and distraction to clarity and attention. In this workshop, you will:

- review the presentation of mind and its central position in yoga
- learn yoga's presentation of meditation understand the premise of the mind over body approach
- discover the pre-requisites for meditation
- experience a practice which incorporates subtle, transformative tools

\$150 for all 3 sessions, or \$55 each