

Sunday 29 August 2010



HARVEST YOGA
Balance and Harmony



STILL *motion*

Yoga Workshop

with Sal Flynn and Rick Harvest



Yoga Foundations - Yielding

*solid ground... open heart
...creating lightness from the ground up*

*How surely gravity's law,
strong as an ocean current,
takes hold of even the smallest thing,
and pulls it toward the heart of the world.*

Rilke

This workshop begins an ongoing, experiential journey into the living and changing territory of the body through Yoga Asana and Restoratives, Breathwork and Deep Relaxation.

Together we explore the relationship between the smallest level of activity within the body – the breath - and the largest movement of the body through space.

Participants will learn to **yield** weight through each limb, establishing a connection with the ground, aligning the inner cellular movements with our relationship to gravity and the earth that supports us.

We will explore ways of giving the weight of the body to the earth that can enable us to maintain sufficient structural integrity, so that we are then able to receive the rebounding force of gravity up through the body. This process, called **yielding**, can provide support for ease of movement and effortless breathing.

Both Rick and Sal continue to study under the guidance and mentorship of Donna Farhi; they assist Donna whenever possible in intensives and workshops, and Sal also assists Donna in teacher training.

While Rick and Sal have taken different paths on their yoga journeys they came together in recent years through their work with Donna Farhi.

Through this and other shared experiences they have discovered mutual respect and a shared passion for the use of yoga practice as a means of bringing together heart, mind and body as vehicles for deepened compassion, physical lightness and peace of mind:

...the yoga experience for us is an ever changing and evolving exploration and practice - which by its very nature must be unique to each individual...

This will be the 1st in a series of workshops. Sal will be travelling from Sydney for this workshop; she and Rick will co-teach.



HARVEST YOGA - Kensington
Sunday 29 August 2010 9am - 4.30pm

COST \$95/\$88 Con. Early Bird \$85/\$78 Con. (if paid in full before 20 August)

BOOKINGS ESSENTIAL

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