

# WORKSHOPS & SEMINARS

The following Workshops & Seminars are designed to augment or integrate with existing teaching or training program(s).

## **Embodying the Inner Practice of Yoga**

**TIME: 2 Day (12 Hour Intensive)**

### **DESCRIPTION:**

Join us for a weekend of exploration of the subtle aspects of Yoga and gain the tools to take your practice to a deeper level beyond basic asana and meditation. You will learn practices to purify the physical senses and connect with the transcendent senses, to gather and increase vital energy (prana) and release stored trauma in the tissues of the body in a gentle, non-invasive way. These practices, when combined with asana and meditation will create the internal ecology for transformation and, eventually, the realization of the fully actualized human potential. This weekend is guaranteed to expand your understanding of the science of yoga and re-invigorate your practice.

## **Saturday: The Prāṇic Pathways of Transformation - Our Nervous System and the Nāḍīs**

Saturday will begin with a basic foundational knowledge of the Koshas and how they communicate with each other in our experience of the practice of yoga and daily life. From there, we will begin to unpack the pathways of awareness that lay at the boundary between sensory awareness and the subtle body. Through embodied practices, students will explore the gross (Stūla Śarīra), subtle (Sūkṣma Śarīra) and causal (Kāraṇa Śarīra) bodies and their connecting channels (Nāḍīs) of awareness and energy.

## **Sunday: The Tantric Practice of Yoga**

Sunday is all about integration. Incorporating āsana, prāṇāyāma, mantra and bandha, students will expand their awareness and energize their practice. Time will be set aside on Sunday for students to explore the energetics of physical assists and how they can be used to open up channels of energy and awareness.

## **Saṃskāric Archeology & Alchemy: Uncovering & Healing The Issues In Your Tissues**

**TIME: 3 Day (14 Hour Intensive-Friday evening, All day Sat & Sun)**

### **DESCRIPTION:**

Saṃskāras are powerful forces that influence the shape and color of our perception of reality. In this workshop we will explore the capacity our body has to perceive, receive, carry and store Saṃskāras and how these impressions are embedded at multiple levels within the different Kośas. We will explore current research supporting the physical correlates of the various Kośa that allow for Saṃskāric transference and be introduced to Saṃskāric Archeology & Alchemy practices. These practices include a specific, yoga based system designed to engage each sheath in order to become aware of, process and ultimately release these deeply held patterns.

# WORKSHOPS & SEMINARS CONT.

## **An Introduction To Spinal Assessment & Assists For Yoga Teachers & Therapists**

**TIME: 3 Hour Class**

### **DESCRIPTION:**

The spine (Meru Danda) is the core or foundation of the human body. It is the origin of the nerves and plexus that feed the organ systems in the body and houses the energetic structures of the Chakras and the primary Nadis or energy pathways.

Throughout this session we will experience the functional anatomy of the spine, review methods of spinal assessment, and deconstruct āsana to identify common 'failure' points that cause torsion and compression. We will address common compensations and explore different prop-based supports and assists that can relieve spinal compression, subluxation and ultimately nerve impingement.

## **The Psychobiology of Stress, Trauma, & Yoga**

**TIME: 2 Day (12 Hour Intensive)**

**Instructor: Jeff Masters**

### **DESCRIPTION:**

Stress and trauma are vast subjects with many facets and aspects of study. Similarly, the system of Yoga, ancient and as deep as the wells of time and space, consists of many disciplines and "tools" that can be tapped to assist us in our everyday lives. At the root of Sri Patañjali's Eight Limbs of Yoga is the concept of Saṃskāras, latent impressions that impact our consciousness and, to a greater extent, our lives.

During this two-day class, participants will explore the history of stress, the trauma experience, the physiology behind the roots of the trauma experience, it's connection to the Yogic concept of Saṃskāras, current research and neuroscience behind the healing aspects of Yoga, and simple practices which can be taken back to support their practice and their community at large.

This course re-enforces common Yogic terminology, philosophy, and practices while bringing ancient practices into the light of current scientific research and discoveries.

## **Mantra: The Sacred Geometry of Sound**

**TIME: 3 Hour Class**

### **DESCRIPTION:**

The science of mantra is literally the science of 'freeing the mind.' During this experiential class we will delve deep into the study of how sound impacts the mind (psychoacoustics), how it can affect the very structure of tissues (bioacoustics) and its' influence on the cascade of neuro-emotional (neuroacoustics) components that govern our overall health and wellness (psychoneuroimmunology). We will also explore the consciousness expanding nature of mantra as it applies to the esoteric practices of Tantra Yoga.

# WORKSHOPS & SEMINARS CONT.

## The Esoteric Anatomy of The Chakras

**TIME: 3 Day (14 Hour Intensive)**

**Instructor: Jeff Masters**

### **DESCRIPTION:**

Join Jeff Masters for an experiential weekend intensive focused on the chakras!

Over the course of two days we will explore the energetic anatomy, physical connections, and psychological impact each center has on our every day experiences. By the end of the weekend participants will personally "know" these majestic centers of power and how to work with each to realize their fully actualized potential.

### **= Questions we will explore include =**

- What Are Chakras, Really?
- What are the physical and energetic correlates of each Chakra?
- What postures and practices highlight each Chakra?
- What is the impact of each Chakra on our physical and psychological experience of the world?
- Your Chakra, My Chakra, Everybody's Chakra - Are They The Same Chakras?

### **= This Course Includes =**

- Detailed Lecture on Chakra-based Anatomy
- Specific Practices for each Chakra:
  - Postures & Breath Work (Asana & Pranayama Techniques)
  - Sound Therapy (Mantra Chikitsa)
  - Guided Visualization & Relaxation Practice
- Comprehensive Student Handouts

The course format consists of lecture, demonstration and practical exercises. Please wear comfortable, loose fitting clothing that you can sit and move in easily as well as bring a notebook and something to write with! All levels of experience are warmly welcome.

6 CEU's available to Registered Yoga Teachers

# WORKSHOPS & SEMINARS CONT.

## **Integrated Pranotherapy: Vital Points for Systems & Conditions**

**TIME: 3 Day (14 Hour Intensive)**

### **DESCRIPTION:**

Prana is the ubiquitous life force that flows throughout the Universe and is said to energize our body via the mechanism(s) of our breath. This life force flows through and is consolidated at various places within the body, creating pathways and vital points, which can impact our physical, mental, emotional and spiritual well being. When this vital force becomes obstructed it gives rise to injury, trauma and physiological dysfunction.

This weekend intensive includes an introduction to the Vital Point System, techniques for becoming aware of and increasing Pranic flows in and around the body and integrated protocols to support specific systems and address specific conditions.

This course is formatted to serve everyone from individuals (the general public) to therapists who want to expand their knowledge and toolkit.

### **Friday Evening – Self Care for Individuals**

During this session Jeff will focus on knowledge and practice to enhance our individual self healing and quality of life, no matter a persons experience.

### **Saturday (all day) – Pranic Flows & Vital Points for Yoga Teachers & Therapists**

This session will incorporate the previous information shared Friday evening into a full day of exploration of the primary pranic flows and channels of the body as well as the vital points, their functions and how Yoga impacts each.

### **Sunday (all day) – Vital Point and Pranotherapy**

This culminating session will focus on the therapeutic application of vital point and pranotherapy. Students will have a chance to integrate and experience this knowledge in a shared session environment.

# WORKSHOPS & SEMINARS CONT.

## **Sacred Breath – Building A Foundation For The Deeper Practices of Pranayama**

**TIME: 3 Hour Class**

### **DESCRIPTION:**

Prana is the primordial energy, ubiquitous and all pervasive, that feeds and nourishes our body, mind and spirit. Unfortunately, the knowledge, wisdom and practice of prāṇāyāma is sometimes included but rarely explored in-depth in most western yoga classes.

This immersive workshop, while incorporating anatomy, physiology and asana to prepare us for pranayama, will provide students with a framework and foundation to reach much deeper into the mysteries of the practice of Pranayama. Please dress comfortably for movement (bring a mat if you have one) and bring a pen and notebook.

During this workshop students will enjoy:

- A deeper understanding of what pranayama is and the purpose of the practice
- An explanation of the process and progression of a pranayama practice.
- An assessment of their own pranayama practice
- An easily accessible set of practices to prepare the mind and body for pranayama
- Preparation for the Sacred Breath – Part 2 workshop

This class is open to the public and all levels of experience are welcome.

## **Stoking The Inner Fire: An Experiential Journey into The Manipura Chakra**

**TIME: 3 Day (14 Hour Intensive)**

### **DESCRIPTION:**

During this illuminating weekend participants will explore the dynamics of the Manipura Chakra, how it impacts what we receive, perceive, assimilate and how we express energy in our daily lives.

This workshop will include practices to re-enforce core concepts shared during the lecture portion of the evening with ample time to share at the end. This workshop is open to the public and all levels of experience are welcome. Please dress comfortably for movement and bring a notebook and pen/pencil to take notes.

Participants can look forward to increased: Self-Awareness & Self-Confidence, Methods to Increased Their Health, Wellness & Vitality, Enhanced Clarity of Thought & Action, Exploration of The Connection Between Gut Health & The Manipura Chakra.

Benefits of the embodied practices Include: Enhanced Digestion & Assimilation, Enhanced Mental & Emotional Processing & Integration, Increased Personal Power & Vitality, Increased Sense of Stability & Wellbeing.