

DAY RETREAT

INTEGRAL YOGA PRACTICE

WHEN

September 5, 2015

WHERE

The Hindu Temple
and Cultural Center
of Birmingham

FEE

Free

Summer's End Day 'Retreat' · A day of integral body / mind yoga self-cultivation. Anticipating the changing seasons, take time to sample and enjoy an hour of warming, limbering, and range-of-motion exercise combining Indian, Chinese, and Tibetan expressions of physical culture. Follow with calming breathing, relaxation, and meditation exercises. Look ahead and plan for the Fall season. Learn about new opportunities for training to support your health, longevity, and enjoyment of life. Enroll today and prepare to make progress towards both the practical and profound potentials of yoga.

Yoga is meditation.

<http://kalanatha.net>

SCHEDULE

AM and PM Sessions

AM

- 10:00 Physical Culture
- 11:00 Discussion
Raja Yoga Curriculum
@ THTCCB
- 11:15 Pranayama
Nadi Shodhana
– Lungro Selwa
- 11:30 Pratyahara
Relaxation
– Releasing tension
- 12:00 Meditation
(30 min) Concentration
– Tratak & Japa

PM

- 01:00 Physical Culture
- 02:00 Discussion
– Shamatha (Calm)
– Vipashyana (Clear)
- 02:15 Pranayama
– Nadi Shodhana
– Lungro Selwa
- 02:30 Pratyahara
– Relaxation
– Settling the Senses
- 03:00 Meditation
(30 min) Contemplation
– Self Inquiry

205.332.7163