

donna farhi

JULY 14-18, 2017 • ALBUQUERQUE, NM

Befriending the Body, Befriending the Self A Yoga Intensive with Donna Farhi

"I use the word "yoga" to mean all those physical and verbal and emotional and meditative things I do in loving response to the needs of my body and spirit." ~ Todd Walton, *Open Body: Creating Your Own Personal Yoga*

"Working with Donna is like deep sea diving ... being invited to access a deeper, more subterranean part of myself that I'm not used to spending time in. Slowing down, diving in and really allowing myself to ask questions about my physical, mental and emotional state of being." ~ Emily Buttle, Sydney

What does it mean to be in friendship with our selves? What would it feel like to welcome all of our experience with the same acceptance and kindness we would offer a good friend? This intensive is an opportunity to develop a more compassionate and nourishing approach to your practice of Yoga. By cultivating a quality of perception that is "without an ideal" we learn to accurately gauge our physical, mental, and emotional state as well as the practices that may bring us back into balance. As we learn to perceive and trust the subtle sensation of the body, we can adapt our practice moment-to-moment in a way that is firm and disciplined yet infinitely caring of self.

Many of us unconsciously bring a quality of striving to our Yoga practice, which can play itself out as forceful self-coercion, frequently resulting in injury. This intensive is a chance to learn how to befriend the body by gently warming, hydrating and softening body tissue in preparation for safely increasing range of motion. We will also investigate the way in which individual differences in anatomical structure and constitution require each posture and practice to be adapted to the person. In this way our Yoga practice becomes a practical tool, relevant to our unique life situation and our personal objectives. As our needs change, our Yoga practice can be in a state of continual evolution.

Each day will include the practice of guided sitting meditation and movement inquiry, gentle asana practice and Restorative Yoga, combined with a daily period of self-study and Yoga Nidra. We will explore how to meet and greet our experience in a step-by-step process that fosters self-acceptance and the ability to self-regulate. Abiding in loving friendship with ourselves we pave the way toward a greater connection with others.

Those with at least one year of consistent Yoga practice up to teacher level are welcome to attend this intensive.

Donna Farhi is a Yoga teacher who has been practicing for 40 years and teaching since 1982. She is one of the most sought-after guest teachers in the world, leading intensives and teacher training programs internationally. Her approach to Yoga is informed by the refinement of natural and universal movement principles that underlie safe and sustainable Yoga practice. This concentration on fundamental principles allows students of all levels of experience and from all traditions to build their own authentic Yoga practice. Because she is considered a "teacher of teachers," students return to Donna's intensives year after year to be a part of the inspiring evolution of Donna's own practice and teaching.

Donna is the author of four contemporary classics: *The Breathing Book*; *Yoga Mind, Body & Spirit: A Return to Wholeness*; and *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. Her fourth book *Teaching Yoga: Exploring the Teacher-Student Relationship* is a curricular text for teaching trainings worldwide. She has been profiled in four separate publications on exceptional contemporary teachers of our time, including *Yogini: The Power of Women in Yoga*. After nearly four decades of practice, Donna believes that Yoga is about learning to befriend our self and to be in friendship with others as a means to building greater fellowship with all of humanity. American born, Donna now resides in Christchurch, New Zealand on a 30-acre farm with her horses, Santosha, Liberty and Ambrosia.



JULY 14-18 2017, ALBUQUERQUE, NM



Workshop Schedule

Friday July 14 6:00 pm-8:00 pm
Saturday July 15-Tuesday July 18
10:00 am-1:00 pm and 2.30 pm-5:00 pm (each day)

Please note:

- There will be no partial enrollment for this intensive.
- Class numbers will be limited for this engagement.
- Depending on enrollment, Donna will have at least one experienced teaching assistant to help participants integrate the material.

Venue

High Desert Yoga
4600 Copper Ave NE
Albuquerque, NM 87108

Fees

\$685 (+ 50.09 tax*) early bird registration, paid in full by April 15
\$725 (+ 53.02 tax*) after April 15

A deposit of \$100 is required at time of registration to secure your place.

* New Mexico gross receipts tax of 7.3125%

Cancellation Policy

Cancellation before April 29, 2017 will be refunded minus a \$25.00 administrative fee. Cancellations after April 29, 2017 will only be refunded if your place can be filled from the waitlist.

What to bring

Yoga mat, 1 bath towel, 1 wash cloth

If you have the following, please bring a belt and/or bolster. High Desert Yoga will provide blankets, blocks, and some belts & bolsters.

A bag lunch each day (optional).

For more information or to register

contact: High Desert Yoga
website: highdesertyoga.com
email: yogainfo@highdesertyoga.com
phone: (505) 232-9642

Please register online at highdesertyoga.com/workshops.

Or mail check made out to High Desert Yoga to:
High Desert Yoga
4600 Copper Ave NE
Albuquerque, NM 87108



Registration for the Donna Farhi Workshop 2017 ABQ, NM

Name _____ Age _____

Address _____

City _____ State _____ Zip code _____

Phone _____ Mobile _____

Email _____

Please indicate if you have any physical injuries or health conditions that may affect your participation. Feel free to attach a separate sheet.

Credit Card Information (You may also register and pay by credit card online at highdesertyoga.com.)

Card Number _____ Expiration Date _____ Security code _____

Name on card _____

Signature _____

I have enclosed a deposit check for the deposit of \$100.

I authorize a charge to my credit card for the deposit of \$100.00.

I have enclosed a post-dated check for \$735.09 (4/15/17).

I authorize a charge to my credit card for the balance of \$635.09 on 4/15/17.

I have enclosed a post-dated check for \$778.02 (after 4/15/17).

I authorize a charge to my credit card for the balance of \$668.02 on

_____ (after 4/15/17).