

Asana: Outer Inner Body Subtle with Kim Schwartz

November 3–5, 2017



Kim Schwartz has studied and taught Hatha Yoga for more than four decades. His lifelong passion for mystical truth led him to become ordained as a swami of the Temple of Kriya in Chicago. He was elevated to the position of Maha Swami in the Kriya lineage, enabling him to ordain others as swamis. Kim was director of the Temple's Hatha Yoga Teacher Training Program before moving to New Mexico, where he continues to lead High Desert Yoga's Teacher Training Program. Kim is recognized by many well-known yoga instructors both as a "master of his art" in personal practice and as a true "teacher's teacher," one with the ability to communicate the timeless truths of yoga on many levels to fellow instructors in a way that enables them to pass this wisdom on to their own students. He is registered with Yoga Alliance as E-RYT 500.

Yogasana can be experienced in various ways. It can be experienced in the outer body by our awareness of the muscles and bones. This is a necessary foundation as it provides a structure for the organs and breath of the inner body. As the outer body becomes more organized, the consciousness can then begin to reference the alignment of the outer body from the organs and breath. As the outer and inner bodies become more harmonized, we can begin to attune to the asana as a subtle lattice of lines of force. In this workshop, we will explore asana from the outer body through the inner body to the subtle body.

Friday 6:00–8:00PM
Saturday & Sunday 1:30–5:30PM

\$108 plus tax (\$116.10) pre-registered by October 24
\$120 plus tax (\$129) after October 24

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