

High Desert Yoga presents

Reaching Down to Open Up

A Yoga Immersion

with *Angela Farmer*

October 13–15, 2017



Angela Farmer was one of the first Iyengar teachers to visit America, training many now well-established American teachers. Her focus today is less concerned with form, technique, perfection, or presentation than with the simple art of becoming present with undoing, releasing, and opening, as breathing takes over to reveal the beauty, power, and innate joy of life.

In this workshop I shall introduce a process of meeting tight, forgotten, painful, or simply uncomfortable places in your body with curiosity and a willingness to listen to their stories. With patience enough to give the body time and support to release and unwind back into spaciousness we are returned to a sense of freedom and well-being.

Only then are we ready to explore 'empowerment' in a meaningful way, discover our amazing potential to 'stand our ground,' speak our truth, and live authentically.

We shall then focus on the stability of 'roots' and their directions beyond the physical body... enabling us to be more grounded yet flexible in difficult situations.

Then, by opening up inner space and returning into the 'back-body,' we gain power to remain true to ourselves, compassionate but less easily caught into other's 'stories and directions.'

Finally... relating to our surroundings in more subtle ways, we may develop a fluid and free-flowing connection with life around us and discover the amazing diversity and wealth of alternate nostril breathing without using hands/fingers to control the breath!

Please do not expect a traditional Yoga 'workout.' The focus is not on asana although asanas may evolve or even be a starting point for this deep inner journey of self-discovery.

Details

Friday–Sunday

11:15am–1:15pm & 2:45–5:45pm

\$475 plus tax (\$509.73)

Must attend all three days.

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