

yoga & sankalpa weekend

the yoga of resolution & manifestation
with devi das, karina ayn mirsky



KARINA AYN MIRSKY, MA, E-RYT 500

Devi Das, Karina Ayn Mirsky is the director of Sangha Yoga in Kalamazoo, MI. She was one of the first certified teachers of Rod Stryker's Para Yoga. Deviji's light hearted yet depth-full teachings reflect her embodiment of yoga practice. Karina recently completed a Masters degree in East/West Psychology which she used to continue to expand her capacity to guide others toward a life of balance, inspiration, consciousness and joy. Karina lectures regularly at local colleges and universities and has been featured chanting on two CDs. She can be found in the March 2008 issue of Yoga Journal Magazine being featured as one of the most inspiring American yoga teachers under the age of 40. - This weekend program is popular in Cincinnati OH, New Haven CT, Honesdale PA New York NY, and right here in Kalamazoo!



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga
Meditation and Movement*

date: December 17-18 (times on back)

cost: Full Program: \$120

classes are also individually priced: see back

SANKALPA WEEKEND INTRO

Why do we make new years resolutions? And why don't they seem to last? Do we even know what we *really* want? When we do know what we want, why do we often sabotage it ourselves? How do we fulfill our deepest desires? And how do we overcome the obstacles that stand in the way? ...

Tantric Yoga has the answers to these questions. One of the basic teachings of tantra states that through an understanding of how to change our energy, we have the ability to change our experience in the world. Join us this weekend and learn how to access the energetic forces which fuel lasting change. The tools acquired in these workshops can be used to let go of fear, change habits, prevent burnout, and attract love and success.

The goals of this weekend are:

- ❁ to become aware of our heart's deepest desire - and understand what limits us having it now.
 - ❁ to learn the difference between the voices of the ego-self, and the wisdom of the True Self
 - ❁ to create a "power resolution," and set a course of action to see our dreams come true
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SEE BACK FOR DETAILS & REGISTRATION

YOGA & SANKALPA WEEKEND: the yoga of resolution & manifestation

WEEKEND INTRO & LUNAR TANTRA: Unchaining the Unconscious: \$40

Friday, December 17: 6:30 – 9:15pm

Patterns of tension in the body and mind store information about what limits us the life we want. We'll explore and transform these limitations through a variety of tantric yoga techniques including: moon salutations, deep hip openers, forward bends, inversions, long holds, self inquiry, imagery, breath-work, meditation, and chanting. This unique asana class invokes the feminine aspects of nature and the stillness within. (All levels welcome.)

AVATAR PREM: Awakening the Radiant Power of the Heart: \$40

Saturday, December 18: 9:00am – 12pm

The spiritual heart is said to be the place of love and wisdom. This aim of this class is to clear the pathway to the heart. We'll energize and heat the body, detoxify emotions, and ignite the fire of the soul. This powerful practice will include a variety of accessible backbends heightened through internal concentration and breath-work. Sun salutations, mantra, bandha, pranayama, meditation and theory also included. (Some yoga asana experience recommended.)

SANKALPA & THE TRUE SELF: Manifest Your Deepest Desire Now: \$35

Saturday, December 18: 1pm – 2:45pm

A sankalpa is a "power resolution" used to manifest a desire. A sankalpa is most effective when the desire comes from the "true self." First, we'll learn how to distinguish between the voice of the true self and other "mind parts" through a group exercise inspired by *Internal Family Systems* therapy and Genpo Roshi's *Big Mind/Big Heart* process. Many students report that this is the easiest and fastest way they have ever reached a meditative state. Next, we'll use the information gained in the practice to write our sankalpa. Karina learned the group process from Tom Holmes; she then fuses it with the sankalpa creating techniques of Rod Stryker. This class includes: lecture, group work, meditation and writing – this is NOT an asana class. (Please bring a pen and a notebook.)

YOGA NIDRA: The Promise & Practice: \$15

Saturday, December 18: 3pm - 4pm

Yoga nidra is a scientific approach to relaxation. It systematically deprograms tension from the most gross to the most subtle layers of our body and mind. Yoga nidra is a unique state of restful awareness. While lying in the corpse pose the body often sleeps, the mind is at rest, yet the subconscious remains active. The nidra process can, in thirty minutes, restore the nervous system as if we acquired four hours of sleep. The nidra state is highly receptive to suggestion, though the brainwave activity is slightly different from hypnosis. - After a short talk, we'll take this fun, guided journey into "yogic sleep." We'll also use this opportunity to implant our sankalpa into our consciousnesses. (Please bring a pillow. Ages 12 and up welcome.)

CLOSING CIRCLE for Full Weekend Participants No Cost

Saturday, December 18: for about 30 minutes at the end

This weekend can be very powerful and transformational. This is an opportunity to share our experience, reflect, ask questions, and bare witness for those within our unique group. Everyone is welcomed but no one is forced to share.

PRE-REGISTRATION RECOMMENDED. Cash or check only: payable to Sangha Yoga

Name (s) _____ Contact # _____

Email _____

Please write the number of people attending each workshop →

TOTAL PAYMENT ENCLOSED: \$ _____

Full Program: \$120 _____

Individual Classes

Lunar Tantra: \$40 _____

Avatar Prem: \$40 _____

Sankalpa: \$35 _____

Yoga Nidra: \$15 _____

