

The Wild Yogi: Immersion II

Your practice is feeling good. You've got a good rhythm and flow going.
So, what's next?? Teacher Training?? ***But, you don't want to teach!!***

Then this is for you.

This Immersion, *The Wild Yogi*, is for those ready to get a little dirty while playing in the mud. Expanding upon the foundations we will explore deeper into the philosophy, breath work, meditation, mantra and more. Develop tools to manage stress, overwhelm, anxiety, and confusion. Release fear while awakening desire and action!

Our time together and through various exercises + homework you'll also be asked to develop a life off the mat that reflects your understanding and awareness of Yoga.

Integrating the *Bhagavad Gita* and the 4 yogas: Raja, Bhakti, Hatha, Jhana, Karma, you will experience the richness of what's possible when every moment of your life becomes an opportunity to practice.

Yoga contributes to how bravely we live our lives

This Immersion is for those ready to deepen, develop and integrate

Outline of what will be covered

Text/philosophy

Bhagavad Gita

Yoga Sutras

4 yogas: Raja, Bhakti, Hatha, Jhana, Karma

Pranayama - Activating the Meta physical

BHASTRIKA (bellows breath, at the end of asana, followed by cooling)

SEETKARI (hissing breath, cooling, vital energy and magnetic, done after heating building)

BHRAMARI: To awaken psychic sensitivity. Relieves mental tension, anxiety, anger (humming bee breath while closing the nine gates) practice after pranayama before meditation

Mantras

Om Asatoma

Twameva

Poornamadah

Gayatri

Asana

Hanumanasana - Full splits
Visvamisrasana - Sages Pose
Sirsasana - Headstand
Astavakrasana - 8 limbed staff pose
Pasva Bakasana - Side Crow

Reading Material

Bhagavad Gita - Translation by Eknath Easwaran
Yoga Sutras - Translation by Sri Swami Satchidananda
Hatha Yoga Pradipika - Swami Muktibodhananda
Smile at Fear - Chogyam Trungpa

Add Ons

Home practice
Ritual

You'll get: **Take home manual** with all the information covered

Guest pass to Sunday 10:45am-12:15pm class at YT Potrero for the duration of our time together

Dates + Times

Saturdays 12:30-5pm

May 9/16/30

June 6th

Sundays 1:30-4pm

May 10/17/31

June 7th

Cost

\$675

Payment

PayPal = robinEduryea@gmail.com

Location

Saturdays - Private Residence. SOMA, SF

Sundays - Private Residence. SOMA, SF

Registration Deadline

May 1, 2020