

Mindful Living

Cultivating Deep Peace and Relaxation

at the
Eldorado Community Center

Sunday September 28, 2008

4:00 - 6:00 PM

Single Class Price:

\$ 20.00

This one day workshop is designed as a follow-up to the primary meditation series taught in August but would also be appropriate for anyone with experience or a desire to learn more about yoga (Patanjali's eight-limbed path) and mindful living. We will review and answer any questions that have come up since our last meeting, but also explore some additional topics. Specifically, we will look in-depth at the first two limbs (Yamas and Niyamas) of Patanjali's eight-limbed path to Self-Realization, with the intention of incorporating these restraints and observances into our daily lives to transform negative energy into an abiding sense of peace, happiness, and greater self-confidence. We will also take a look at the fifth limb (Pratyahara) and the role it plays in deep relaxation and a profound state of balance...body, breath, mind, and soul. To better understand and experience pratyahara, you will be guided through deep relaxation techniques including a 61 marma-point practice, a practice that can be done at home to achieve a deep state of restorative relaxation.

Topics we will explore will include:

- What is Patanjali's eight-limbed path?
- What are the Yamas and Niyamas?
(...incorporating these into your daily lives for greater happiness and self-confidence.)
- What is Pratyahara?
(...practicing pratyahara for relaxation and balance.)
- What is the 61 marma-point deep relaxation technique?
(...taking this practice home for profound relaxation and restoration.)

Classes will be lead by Deanna Evans. Deanna is a certified and registered yoga and meditation instructor and has been a regular practitioner of yoga and meditation for the past ten years. Additionally, Deanna is a nationally certified and licensed Massage Therapist and has had a full-time successful private practice in Santa Fe and Eldorado for eleven years. Drawing from her experience as a bodyworker, yoga instructor, avid meditator, and many years of self-exploration, Deanna aspires to bring practical, insightful, and intuitive knowledge to each class.

Items to bring: a yoga mat and/or blanket, water bottle, pen and paper. Chairs will be provided but if you prefer to meditate on the floor please bring your meditation cushion/pillow/or bench.

Please call Deanna at 466-1657 for more information.