

MINDFUL LIVING

CULTIVATING DEEP PEACE AND RELAXATION

at the

Eldorado Community Center

SUNDAY NOVEMBER 16, 2008

4:00 - 6:00 PM

SINGLE CLASS PRICE:

\$ 20.00

This one day workshop is designed as a follow-up to the Mindful Living class taught in September but would be appropriate for anyone with experience or a desire to learn more about yoga in terms of Patanjali's eight-limbed path to Self-Realization and mindful living. We will review and answer any questions that have come up since our last meeting, but also continue our exploration of Patanjali's eight-limbed path and additional topics. Specifically, we will look in-depth at the second limb (Niyama) with the intention of incorporating these observances into our daily lives to transform negative energy into an abiding sense of peace, happiness, and greater self-confidence. We will also take another look at the fifth limb (Pratyahara) and the sixth limb (Dharana) and the role these play in cultivating a calm and centered state of being. And finally, you will be guided through a session of Yoga Nidra, a guided relaxation technique that incorporates both pratyahara and dharana.

TOPICS WE WILL EXPLORE WILL INCLUDE:

- What is Patanjali's eight-limbed path?
- What are the Niyamas?
(...incorporating these into your daily lives for greater happiness and self-confidence.)
- What is Pratyahara?
(...practicing pratyahara for balance and relaxation.)
- What is Dharana?
(...practicing dharana to improve concentration and equanimity.)
- What is Yoga Nidra?
(...practicing a technique that provokes discovery and profound relaxation.)

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 over a decade. 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 own meditation cushion/pillow/or bench.

Please call Deanna at 466-1657 for more information.