

Meditation Immersion

September 29 & 30, 2012

Stepping into the Flow

Life, Love and Time flow. Meditation is the primary practice that connects us to the “flow,” to Source Energy. We know when we are in the flow and when we are not. It is within us and all around us. The foundational practices this weekend promise to reconnect each of us to that vital, pulsing, peaceful life force, at anytime and anyplace. This weekend is required for SHAKTIBODY 500 hour TT's.

November 10 & 11, 2012

Riding the Waves of Grace

The yogis say the universe is so compassionate, that Grace is showered upon us constantly. Meditation opens us to the wonder and energy of Grace. The practices this weekend teach us how to navigate our inner and outer worlds and interpret the messages being offered. In this way, we become partners in the dance and flow of life.

February 9 & 10, 2013

Growing a Lotus

The lotus is a common symbol in yoga. Its roots are in the mud and murk of a pond and yet it blossoms into a mesmerizing flower under the warmth and light of the sun. Out of the depths of our unconscious and shadow, meditation shines a light on both our shadow and our light. This weekend we explore the energy centers known as chakras and the road map they provide in understanding how our inner life reflects our outer life & vice versa.

June 15 & 16, 2013

Currents of Love

This weekend we explore the nuances and subtleties of love - human love and the love of the divine and how the current of love is truly woven into our being. Meditation, chanting and Japa all take us to that quiet place within our hearts. Journaling and contemplation help reveal what is blocking our connection.

All 4 weekends \$875

Each weekend \$275