

Ramanand Patel

PEELING THE ONION

Moving From The Gross Body to The Self

July 14-17, 2017

Friday 6:00-8:00 pm

Saturday 10:00 am - 4:30 pm

(with 1.5 hour break)

Sunday 10:00 am - 1:00 pm

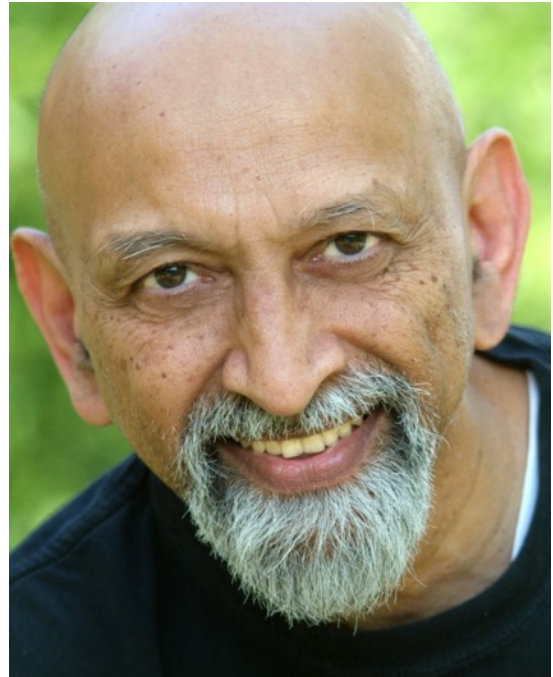
\$250 by June 16, 2017; \$275 thereafter

4.5%\$ transaction fee added for credit card payments.

AS WE PEEL BACK THE LAYERS OF THE SUBTLE BODY, we will attempt to look into some very important questions. Working with the gross body requires thought. Thought is also used to begin the penetration into deeper layers, viz., from Sthula Sarira (Gross Body) to Sukshma Sarira (Subtle Body) towards Karana Sarira (Causal Body) and into the Atma (Self). Can thought ever make such a penetration? What does it mean to still the mind?

What is the nature of true freedom? How is the pattern of ego-centric activity broken? What is the content of Consciousness? How is the asana practice related to all this?

In this workshop, the art of working with yoga will be explored for teachers as well as students. This inquiry into the yoga practice will be directed towards understanding the Self beginning with asana practice and looking into the nature of thought. This workshop is appropriate for those who have been practicing yoga for at least one year.



WHEN RAMANAND WAS 12, his father introduced him to yoga philosophy and asana, and he learned early on to embrace yoga with a childlike joyousness and delight. In 1968, after coming across a few other teachers, Ramanand became a student of Guruji, Yogacharya Shri B.K.S. Iyengar, who profoundly influenced the strength, discipline, deepening understanding, confidence and enthusiasm of his asana and pranayama practice. In 1994, Ramanand intensified his pursuit of truth and knowledge by studying Vedanta philosophy under H.H. Swami Dayananda Saraswati. He also considers J. Krishnamurti to be a major influence on this thinking. Ramanand Patel has been one of the the world's leading Yoga teachers. Co-founder of the Iyengar Yoga Institute of San Francisco, he trained and educated a great multitude of teachers, many of whom went on to become famous internationally. His vast depth of knowledge regarding physical problems, his technical understanding regarding Asana and Pranayama, and his deep understanding of the fundamental questions of philosophy and psychology are well-balanced by his keen sense of humor.

For more information visit www.yogirama.com/peeling.html.

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STUDENT INFORMATION

Name _____

Address _____

City/State/Zip _____

Phone _____

Email _____

PAYMENT

Prairie Yoga accepts cash, check, or credit cards. Please make all checks payable to *Prairie Yoga*. Returned checks subject to \$50 fee.

_____ **\$250 by June 16, 2017** _____ \$275 thereafter

If paying by credit card (4.5% transaction fee will be added):

Credit Card #: _____

Expiration: _____ 3-digit security code: _____

Signature: _____ Date: _____

REFUNDS

We understand that plans occasionally change and unanticipated circumstances sometimes arise. It is therefore necessary that we have consistent refund and credit policies that are fair to you, the studio and the presenter. Thank you for your support.

Student Refunds will be limited as follows:

- For refund requests **at least one month prior** to the start of the event, students may request refund less 15%
- For refund requests **less than one month and more than 2 weeks** prior to the start of the event, students may request a 50% refund.
- No refunds or credits will be given **less than 2 weeks prior** to the first day of the event.
- **No pro-rates, credits or transfers are available for any of our special events for classes/ days that you are absent or unable to attend** (includes class series and workshops). We appreciate your understanding of this policy.



PRAIRIE YOGA / ALIGN YOUR SELF[®]

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