



## **Arc of the work**

Following is the current general template of the intensive. Based on what arises in the course of our time together it may be altered, readings changed or schedules shifted. All students will receive any revisions in a timely manner.

### **Weekend 1 Dates:**

Friday, September 18, 2009 through Sunday, September 20, 2009

### **Weekend 2 Dates:**

Saturday, October 10, 2009 through Sunday, October 11, 2009

### **Weekend 3 Dates:**

Friday, October 23, 2009

### **Weekend 4 Dates:**

Saturday, November 14, 2009 through Sunday, November 15, 2009

### **Weekend 5 Dates:**

Friday, December 4, 2009

### **Weekend 6 Dates:**

Saturday, December 19, 2009 through Sunday, December 20, 2009

### **Weekend 7 Dates:**

Friday, January 10, 2010

### **General Schedule:**

Fridays: (alternating)	7:00 pm – 9:00pm	Discussion Group
Saturdays:	2:00pm - 4:15pm 4:15pm - 4:30pm 4:30pm - 6:30pm	Check in and asana practice Break time Arts experience or group time
Sundays:	1:00pm - 3:30pm 3:30pm - 3:45pm 3:45pm - 5:30pm	Asana Practice Break time Group time/arts experience



The group time may include discussion of the current reading, lecture, journaling or other activity. There will also be alternate Friday night discussions specifically focused around the readings. Group members may be asked to present on a particular book or take turns leading a discussion.

### **I. The Anamaya Kosha- the physical body and structure of the group**

This first weekend will review the Universal Principle of Alignment in Anusara yoga. Using writing assignments and asana practice we will explore how physical alignment creates shifts on many levels of being. Additionally we will explore the 'body' of the group: group dynamics, groups norms and rules. Finally we will also briefly discuss diet/exercise patterns and set goals for the intensive time around our physical self-care.

We will end with an arts experience around the stories held in our bodies. As with every subsequent arts experience there will be a wide range of options to suit everyone's comfort level. As with every weekend there will be reading assignments to discuss.

### **II. Pranamaya Kosha -The energetic body and working with prana**

In this second weekend we will explore the gunas as a gateway into the elements of our natural state and energetic body. Philosophically, we will review the 5 elements and the role of each of these qualities in Tantra and within the psych-emotional-physical body. The practice portion of our time will include a focus on pranayama and how to use pranayama to shift patterns in the layers of being.

Our arts experience will be using visual art to explore and express the energetic patterns of certain poses, the gunas and our natural state. This is a way to concretize the more esoteric impressions of 'energy'. We will continue to build group cohesiveness with some playful things from drama therapy and also continue our reading discussion.

### **III. Manomaya Kosha- Thought patterns and tendencies**

In this weekend we continue to move deeper into the interior of the body-mind. Here we use our reading, group process and draw from western psychology to deepen our understanding of our own thought patterns and how they affect us. We will alternate partner work with group exploration. Our asana and pranayama will be a means to deepen this exploration of our inner world. This weekend will involve the least amount of physical practice and most 'psychological' of the whole time though their will still be 'embodied' experiences. We will begin to introduce 'the shadow' as Jung speaks of and get comfortable with our own shadow.

### **IV. Vijnamaya Kosha- Personality structure**



Here we explore attachment and personality theory to look at how basic patterns are formed from a very young age and hardened or crystallized through our life, the way we reinforce our own beliefs and can get stuck in relational, professional or personal ruts. Our reading will be an excellent book on exactly this and will be bridged through journal writing and an arts activity drawing the 'river of our life' and its major rocks. We will continue to deepen the shadow work by looking at 'feeding our demons' a great Buddhist based practice.

#### **V. Anandamaya Kosha- the inner self**

The PURPOSE of all this intense work is to clear out so we have greater access to the radiant stream of the anandamaya kosha. At last we get to play there! This weekend is longer and will thus include integration of all that has come before. Readings on spiritual stages of development, poetry and arts practices celebrate this radiant inner light that can never be lost through any experience in our life- just our access to it limited. Dynamic asana will further support this opening, integration and celebration of all the work that has come before. Transcendent experiences including how to work with kundalini will be included and shared since this is an area that many people have had a taste of but few places to discuss in an intelligent comprehensive way.

Finally, each group member has a final integrative arts experience. This final project involves them looking over all that has been developed until this time and set a direction for who they are as a living embodiment of their yoga. Not everyone should be a yoga teacher- thank god- but we NEED embodied yogi's in every strata of our culture. This final phase helps the individual develop a mission statement they share with the group and can take out of the intensive.



## **Current Book List**

\*Yoga and the Quest for the True Self- by Stephen Cope - a brilliant blending of yoga philosophy and western psychology by a Kripalu teacher and psychologist

\*A General Theory of Love by Thomas Lewis M.D., Fari Amini M.D. and Richard Lannon M.D - An amazing treatise on who and why we love by three psychiatrists.

\*The Alchemist by Paulo Coelho

\*Feeding Your Demons by Tsultrim Allione

\*Currents of Grace CD- by Douglas Brooks-Elemental overview of Tantric philosophy

\*Free Play by Stephen Nachmanovich

### **Additional possible resources or suggested reading:**

\*Tantra by Georg Fuerstein

\*Integral Psychology by Brant Cortright