



HATHA YOGA SYMBOLISM EIGHT-LIMBED WORKSHOP SERIES



Program Description

Yoga Sciences Institute's program in Hatha Yoga Symbolism reveals the webs of meaning that lie just beneath the surface of yoga's most basic practices and ideas. Each of the Eight Limbs of the program infuses yoga practice with rich layers of meaning drawn from the ancient tradition designed to enhance your awareness in the here-and-now. When practice becomes rich with meaning through symbolic awareness, you gain a powerful tool for mental focus - up to and including meditative states. Symbolic knowledge becomes a doorway from the fixed and routine to the free and the unconditioned.

I. Asana Practice and the Microcosm:

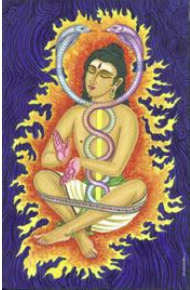


"Unroll the Mat, Create the World"

Every time you unroll your mat and enter yoga postures, you tap the creative power of beginnings - when you understand yoga symbology. This unique Workshop reveals the deep symbology behind five key yoga *asana*-s: sun, mountain, tree, lotus and serpent. In the process of learning to see yoga practice symbolically, even the simplest acts become rich with interwoven meaning - a powerful aid to concentration, and fascinating source of insight.



II. *Pranayama* and the Serpent in Yoga Symbolism



"From Kundalini to Ananta (Infinity) "

Serpent imagery lies at the heart of yoga symbolism - In this Workshop, we'll use images, language, and exercises to explore yoga's serpent-symbology. From Patanjali to Shiva, we'll discover mythic insights that will help you see and experience what the serpent symbolizes: the subtle breath-energy that yogi-s call *prana*, and the concentrated bio-mental force referred to as *kundalini*.

III. *Pratyahara* and Corpse Symbolism:



"Deep Relaxation in Yoga Practice "

When the body and breath are balanced, complete relaxation becomes possible. But why the corpse symbolism? In this Workshop, you'll deepen your experience of *shavasana* by understanding what takes place when we withdraw our attention from our normal experience of the physical body and rational mind. Here, we'll explore the nature of *pratyahara*, the most mysterious limb of yoga - and discover techniques to make it happen quickly.



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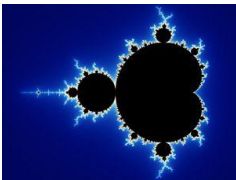
IV. *Dhyana* and the Lotus in Yoga Symbolism:



"Be more like a plant!"

The lotus appears everywhere we look in yoga symbolism and practice - and there is a very good reason for it. From cross-legged poses to the centers of internal focus sometimes called chakras, the lotus or *padma* encodes many meanings that can together expand the horizons of your yoga practice. This Workshop unfolds the practical, philosophical, and symbolic aspects of the Lotus image - so that you may grasp and employ its central principles quickly and effectively.

V. *Samadhi* and the Fractal, and Holograms in Yoga Symbolism:



"Fractals as Pictures of Concentration"

Samadhi is the state of complete concentration. It is both the central goal and the key method of yoga. However, it lies beyond the dualistic categories embedded in human language. *Samadhi* is therefore immensely difficult to describe. According to the ancient sages, it is not this, not that, it completely transcends the level of language, and words 'turn away' from it. But there is another way to explore *samadhi*: to see it with your own eyes. This workshop does just that.



VI. *Mudra* and the Seal in Yoga Symbolism:



"Where Meditation meets Physics"

You've probably practiced some *mudras* or 'seals' in yoga practice - but what are they and how do they work? In this Workshop, we explore the concept of the seal, and discover how they serve to prevent 'entropy' - the tendency of all organized systems to lose energy over time. From the perspective of Hatha Yoga, seals contain bio-physical energy of *prana*, but there is much more to *mudras*, for they also preserve and concentrate information - an observation that will take us to that place where mind and matter melt into one another.

VII. OM: Master Key to Yoga Symbolism:



"Where the beginning is the end..."

You've heard the sound, perhaps spoken the word - but exactly what is this syllable OM that so often opens and closes yoga classes? Perhaps more importantly, how does OM work to enhance/direct your awareness? This essential Workshop unfolds the symbolism of OM, as well as how to use it in yoga concentration. Here, you'll discover the not merely the physical resonance of OM's vibratory power, but also how its symbolic resonances can guide you towards expanded consciousness.



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Where Can I Take Classes?

Classes are held at our Mill Valley studio, as well as in other studios and centers in San Francisco, San Rafael, and Novato. Visit YogaSciences.com for more information on current availability.

We also offer Hatha Yoga Symbolism off-site, whether in your home, hotel, or other favorite place.

What Are Your Rates?

- General Workshop: \$45; some programs by donation
- Private Instruction: \$75/hour
- Group Workshops: \$350/three-hour Seminar

What Other Services Do You Offer?

Hatha and Restorative Yoga Class and Training

- Studio Class: \$15/90 minutes
- Individual Class: \$75/90 minutes
- Off-site Custom Class: \$100/90 minutes
- Group Rates and Training Packages available; please contact us for more information.

Active Yoga Philosophy Training and Certification

- 7 Modules (30 hours) of coursework
- Text, Video, and Dialogue work involved
- Practicum Work and Mastery Examinations required for completion
- Completion Certificate available to qualified students at end of Program
- Cost: \$2500/in-person, \$1900 on-line

Sanskrit for Yoga Classes and Workshops

- Individual Class: \$75/90 minutes
- Off-site Custom Class: \$100/90 minutes
- Group Rates and Training Packages available; please contact us for more information.