

Insight Yoga

Evening Workshop

with **Sarah Powers**

Insight Yoga is a body/mind yogic path of awareness that creates a regular vehicle for insights to occur. It draws from the wisdom of Yoga, Buddhism, Chinese medicine and Transpersonal psychology. Insight Yoga involves 4 main quadrants of development that are each interdependent: the body, the heart, the mind, and relationships.

For the body we engage in a regular active and receptive (or Yin/Yang) asana practice that is designed to develop and maintain pliancy in the muscles as well as the joints, to increase strength and vitality in all the systems of the body, and to cultivate a sensitivity to, and a re-balancing and refinement of the energy body- the gateway to the experience of an ease of being.

Sarah will give a brief talk describing how to integrate the body, heart, mind, and relational awareness into our regular practice and then following a brief slow flow practice, we will drop into a nourishing Yin practice, where Sarah will focus on meditation and contemplation methods for cultivating insight.

Monday, October 26, 2009

6:30-9:30 pm • \$60

Sarah has been teaching Yoga since in 1987. She leads workshops, trainings and silent retreats internationally that interweave the insights and practices of Yoga and Buddhism into an integral practice to enliven the body, heart and mind. Her yoga style blends both a meditative Yin sequence of long held poses to enhance the meridian and organ systems, combined with a flow or Yang practice, influenced by Viniyoga, Ashtanga, and Iyengar yoga. She draws from her studies in Transpersonal Psychology, as well as her in-depth training in the Vipassana, Tantric and Dzogchen practices of Buddhism. In 2007 she co-founded **Metta Journeys**, a service oriented organization that offers yoga retreats internationally to help women and children in developing countries. She is author of **Insight Yoga: An Innovative synthesis of Yoga, Meditation and Eastern Approaches to healing and well being**. She lives with her husband Ty in Marin, California. To learn more about her, see her Dvds **Insight Yoga or Yin and Vinyasa** and go to www.sarahpowers.com.



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