

Groove with Grace

Urban Yoga Retreat, Currumbin

PROGRAM

21 – 23 October 2011

21 October 2011 (Day 1)

•6.00pm to 9.00pm – Tantric Shaivism: An Overview

22 October 2011 (Day 2)

•8.30am to 9.30am – Hatha yoga Practice (Optional)

•9.45am to 4.15pm – The Foundation, and, The Secrets of the body and the World
(We will break for a 1.5hr Vegetarian lunch between the session)

•4.30pm to 5.30pm – Hatha yoga Practice (Optional)

23 October 2011 (Day 3)

•8.30am to 9.30am – Hatha yoga Practice (Optional)

•9.45am to 4.15pm – The Power of Mantra and Words, and, Supreme Awakening: Tantric Meditation
(We will break for a 1.5hr Vegetarian lunch between the session)

•4.30pm to 5.30pm – Hatha yoga Practice (Optional)

THE TOPICS

Day 1 – Tantric Shaivism: An Overview

Drawing from The Shiva Sutras, a foundational text of the Tantric Shaivism of Kashmir, we will uncover a deeper way of looking at life, one that uncovers profound joy and a sense of wonder.

Day 2 – The Foundation, and, The Secrets of the Body and the World

We will be exploring the background and context of the tradition, and will begin to investigate the foundational practices of Tantric Shaivism.

Day 3 – The Power of Mantra and Words, and, Supreme Awakening: Tantric Meditation

One of the most powerful—and multifaceted—dimensions of practice has to do with mantra and with the ways language shapes our experience. This session will explore how to harness the power of sound in the practice of yoga and in every area of life.

Then, we will explore the deeper dimensions of Tantric meditation, based on two revolutionary approaches the Shiva Sutras offer. These practices seek to find the divine in every situation and to integrate the highest experience of meditation with the rest of our lives.

* *Each session is independent, but also builds on the previous one.*