

VIJNANA YOGA

WINTER OFFERINGS 2018 YURTLAND



“...And I will take you to the places
where the earth beneath my feet
and the stars overhead make
my heart whole again and again.

Sit beside me in long moments of shared solitude,
knowing both our absolute aloneness and our undeniable belonging.”

Let this be the teaching.

Vijnana Yoga ~ YurtLand ~ Winter Offerings



Now is the season to know. That everything you do is sacred.

Drop in classes-

- Monday 9.00- 11.30am Deepening Practice with Flo- *no class Jan 22 *last class Feb 19 \$20
(intermediate- strong beginners)
- Monday 6.30- 8.00pm Foundation of Practice with Allie- *no class Jan 15 \$15
(strong beginners)
- Wednesday 2.00- 4.00pm 50+ Gentle and restorative with Flo \$20
(all levels)
- Friday- 9.30- 11.00am Ease into the flow- Fluid & sequential practices with Flo \$15
(all levels)

Session classes- Please register

Wednesday Noon- 1.00pm Gentle class \$50 4 week session allie.vijnanayoga@gmail.com

Starts January 10- January 31

Wednesday 6.00- 7.45pm The Elastic Body- \$108 6 week session info@vijnanafloyoga.com

Fascial conditioning & training. Deep cellular release.

Starts January 10- February 14

Saturday noon- 2.00pm Study Course/ Essence of movement-7 Principles \$90
with Flo Jan 6-13-27 & Feb 10 info@vijnanafloyoga.com

Tuesday 6.30- 8.00pm Dancing the Body of Light- A Musical Flow \$60
with Flo Jan 30 & Feb 6- 13-20 info@vijnanafloyoga.com

Tuesday 4.45- 6.00pm & Thursday 2.45- 4.00pm Beginner class with Tasha \$80
6 week session tashamaeyoga@gmail.com

Workshops-

January 14- Arm Balance demystified 9- noon \$35 with Danielle Artuso
register with danielle_artuso@hotmail.com

February 3-4 Tensegrity Workshop with Trudy Austin \$ 180 lunch included
register with info@vijnanafloyoga.com

March 4 Standing poses 9- noon \$35 with Danielle Artuso (all levels)
register with danielle_artuso@hotmail.com

About Vijnana Yoga... (excerpt of practice- 2009)

Vijñana yoga is an inclusive practice in being present. During practice we meet ourselves... our body and its sensations, our mind and its thoughts, our heart and its emotions. From sitting to kriyas, from pranayama to asana, we are both the performer and the watcher. The clearer we see ourselves during practice over long periods of time, the more able we become to change behavioural patterns and transform them.

Vijñana Yoga offers alignment for the physical body, recreating its natural connective tissue support through the exploration of the miofascia lines. Respecting the anatomical integrity of the body, it establishes the core support for a safe Asana practice.

Through the ancient practice of the vayus we connect the breath to the organic spaces of the body revealing the core of the pranic sheath. The practice becomes then the expression of a fluid mind, a mind that does not have a fence around it, but has a boundless curiosity to explore. As we sit, breathe and move as one we come closer to our truth.