

Chapter 1 : Deepening Your Practice | Namchak

Deepening Your Practice is a welcoming group of dedicated practitioners who meet Thursday mornings from 7:30 to 9:00 a.m. under the guidance of InsightLA's Founding Teacher Trudy Goodman and Senior Teacher Elizabeth Rice, as well as other InsightLA teachers and senior practitioners.

They help me feel like a kid again! Deepening the practice is different than big poses. However, I do have some suggestions on how to deepen your practice. Really, yoga is meant to be practiced every day. You just have to know how to practice. If you want to change your mind and your body you really should practice every day or as much as you can. Yes you will if you practice with mindfulness and compassion for your body. Trust yourself, trust your body, but be real about it. Listen to your teachers. Keep a mindful breath practice throughout your class. However, your yoga practice is the place to learn to be calm in the breath no matter what is going on in class. You will discover that your practice will become a moving meditation! The class will fly by. Did you realize that your energy is evident and clear to everyone around you? Why not make it a bright light. Discover why the asana physical practice is really the tip of the iceberg. Yoga is so much more than the physical. Deepen your understanding of why we practice. The poses are the smallest, least important part of yoga but the most easily understood and accessible. The poses are the path to understanding.

Chapter 2 : IMCW > Programs > Deepening Practice

This event will be a comprehensive practice and learning experience designed to move your Yoga and your insight into yoga to new levels. It is a continuing yoga education and training for teachers and experienced students as well as a time of ceremony, networking and personal rejuvenation.

Are you ready to deepen your practice? We believe a daily practice or sadhana helps you to check in with yourself and your connection to the world around you. It helps you get to know yourself, gain perspective where you need it most, and find a center of calm in whatever life tosses your way. Our Deepen Your Practice: We will teach you how to build a custom practice for yourself that keeps you exploring yoga beyond the mat. Building clarity in your own practice will give you a solid foundation for helping others to develop their own. The program will let you explore an interest in teaching yoga and prepare you for our Level 2 Teacher Training. This is an exhilarating and educational experience for everyone, regardless of long-term teaching aspirations. Benefits of 6 Yoga was traditionally taught one on one, from guru teacher to shishya student. This was and still is effective, because each student has a unique practice, one that evolves at its own pace, and needs its own particular guidance and direction. This small group setting also lets us tailor the overall emphasis of the program for each student. One group, 6 months The Deepen Your Practice: Level 1 Teacher Training program is designed for those of you ready to commit to this journey for the full six months. It can be an incredible bonding experience for many – the long-term commitment and group support is deeply transformative. Through the example of your own practice, you will get to know postures and techniques in detail and learn how to share them out of your experience and objective knowledge. With just six students in the training, our semi-private teacher training is one of the most personal programs available today, while being priced competitively with yoga teacher training programs that take dozens of students per training. Your Teachers Together Yoga owner Nicole Katz and Senior Teacher Esther Palmer have created multiple successful yoga teacher training programs, bringing decades of practice and teaching experience into semi-private yoga education. Nicole specializes in yoga therapy and kinesiology. All teachers in the Teacher Training programs teach at Yoga and have completed a thorough apprenticeship with Nicole and Esther. Try out our Yoga Lab for an asana class that takes you deeper into the hows and whys of the practice. Join Esther for meditation and restorative classes to get a taste of the subtle side of the practice too! These classes offer the perfect opportunity to check out our teaching philosophy and ask us all your follow up questions in person. Normal class pricing applies. Click here to sign up! Not in New York City? Any student of yoga is welcome to register for our Level 1 Teacher Training. Students wishing to continue on to the Teaching Yoga: Upon successful completion of the hour program, you will receive the certification of Yoga Teacher and eligibility for YA RYT Instructors Teacher Training programs are led by co-creators Nicole Katz and Esther Palmer, a dynamic and richly skilled team to lead you on this journey. Stellar guest teachers will introduce you to special topics including Ayurveda, Sanskrit, and Yoga History.

Chapter 3 : 8 Steps To Deepen Your Yoga Practice - mindbodygreen

Deepening Your Practice Cultivate peace If you have an established meditation practice and are interested in Tibetan Buddhism, we have a range of in-person and online offerings taught by Tibetan Buddhist and Western masters.

Some rough, opinionated notes. I get hate mail for it, but the grateful notes outnumber the missiles by about three to one. What did the culture at large have to first commodify for these groups to then come along and upsell? Political cults run on the premise of political action. Warlord cults run on the premise of revolutionary struggle. Psychotherapy cults like the Newman Tendency ran on the premise of transforming a therapeutic mode into a social justice tool. In each of these contexts, I sense a product. But yoga and Dharma cults? What broadly-accepted social discourse and value allows them to be a thing, to project a plausible relationship to positive, pro-social human labour? What do they promise to make? The tagline for Shambhala International is: I am the son of lower-middle class union activist high school teachers. They were about two years too old to have run into weed or acid in college. I rebelled against their perceived squareness — also a respect for things — in part by thinking it was good idea to drop out and pursue the weed and acid of spiritual self-development full time. And later, to consider it a job. But did I really feel it was a good idea? Or was the spiritual marketplace simply open to my privilege, and proximal to other closing doors? This internal turn spiritualized consumerism and conflated globalization with universal consciousness. Michael Roach used to wax poetic about all of the money he made in the New York diamond business. I never heard a word about blood diamonds. He was convinced that his understanding of the diamond as symbolic of Middle Way emptiness theory was at the root of his financial success. He talked about how the money seemed to come out of nowhere. Wealth was an external projection of an internal state. Unsurprisingly, Roach was also an early dotcom fan boy. His barely-hidden subtext was that the Buddhism industry could emerge out of nothing as well. The evangelism would sweep painlessly around the world. Dharma courses, workshops, trainings, retreat centres all emerged as reinvestments of s-onwards surplus value, the cream at the top of the globalization milk. They grew, like gentrification developments, as other supportive work was outsourced. Many of the first yoga urban studios in North America opened in spaces left vacant by urban manufacturing companies that outsourced their labour. So now we had folks wearing yoga pants imported from Bangladesh to stretch in rooms where the sewing machines, now in Bangladesh, used to hum. Dharma leaders of the Nineties emerged parallel to the dotcom boom. Doing the next training seemed to give more license to make intrusive eye contact. But often ignored is the fact that the journey usually began from a basic state of privilege and okayness, which means it might have been running on a manufactured rather than existential anxiety. Analyzing the cultic exhausts me. Why did seeking become a not only a thing, but a big thing, instead of staying put and repairing shit? How much deepening do we need when the surface of things is so broken? I know a lot of people years older than me who seem trapped in the radiant neuroticism of self-improvement. They continue with it to the extent they can monetize it. What else can they do? What other options do they have? Make fun of hipsters and maker culture all you want, but if someone is out there learning to grow corn and knit sweaters, thank them. What became of all that labour? When the dharma industry presents itself as more than offering help in self-regulation, how is it not parasitic? Nobody is born with the ideology that they must personally become enlightened, or that they should join a utopian movement, or that they should approach the problems of the world through obsessive self-work, while mostly ignoring the sleeping conditions of the migrant workers who harvest their vegan lunch. People have to be taught, implicitly, that their self work will raise the vibrations of migrant workers. I was in two cults, but the cults existed within and because of neoliberal transnational flows. They lived and breathed on the cheapness of international air travel and easy credit cards. I believe this is the functional truth of Every. Years ago I had an Iranian friend who expressed puzzlement at the ennui of her Canadian mates. Her family had escaped the revolution. Before the Shah was overthrown, she was out in the streets as a child handing out leaflets to help organize workers. In Toronto she hung out with artists and writers. The whole culture taught me to centre myself, and while also investing me with the powers of gendered whiteness to make that centring almost impenetrable to other forms

of analysis. I was stunted by that. Increased digitization, AI, and automation will make all of this worse. This is why Jordan Peterson is both so attractive and so disastrously wrong. He thinks more self-focus is the answer. He thinks the social-material view is both irrelevant and poisonous. Of course all his followers will jump at the opportunity to have the narcissism their political culture has immersed them in from birth sanctified by a preacher who intones Jung. For someone so apparently square, he seems to have nothing to say about real things. Do your practice, and a little bit is coming, maybe. Learn the basics, share them around. Ask for a reasonable amount of money when you do. Then, we can desecrate that spiritual with all the things it wanted to tell us it could replace: How much deeper could you get?

Chapter 4 : Deepen Your Practice - UDAYA Yoga & Fitness

ASANAAsana practice is the core of Hatha Yoga. We live in a fast paced, rapidly changing, electronic world. Yoga can be a source of balance, well being and rejuvenation.

We offer a place, indeed a community, for seasoned practitioners to sit together, soak in Dharma teachings, and connect with other practitioners about how the Dharma is expressing itself in our lives. We welcome you into the deep silence supported by such long-term practice. In November and December, we will investigate freeing ourselves from delusion and its adverse impacts in our lives, individually and communally. Our energy naturally flows to support what we know in our hearts is to be true. You may also drop-in to the event and offer a donation in person. No one will be turned away for lack of funds. The suggested donations are: Your offering is a tax-deductible donation to InsightLA. Please give at the highest level you can afford. Your act of generosity is significant. The Buddha taught that all of the beautiful qualities of heart and mind begin with generosity: Generosity dissolves the separation of self and other. Giver, receiver, and gift intertwined. Everyone has a role to play in supporting the whole community practicing to their fullest potential. If you are willing to offer service to our community e. Please take a moment and add your name to the newsletter that pops up on this page. InsightLA is a community of people dedicated to maintaining a safe and welcome, open and diverse environment that stands firmly against all racial, gender, economic, or religious bias. The date of this class will not appear correctly on your registration confirmation, but you have registered for the November-December series listed on this page. Register Now This is the template for the event detail page. To display token, surround it in square brackets like this:

Chapter 5 : Reiki 2: Deepening Your Practice - Pittsburgh School of Massage

An advanced yoga series that will take you to the next level. Critically acclaimed yoga instructor, Vytas Baskauskas expertly guides you through some of the more difficult postures and advanced sequences.

Deepening Your Practice Reiki 2: Deepening Your Practice Presenter: Over recent years more data has become available regarding the history and application of Reiki, which is important groundwork for those desiring to be Reiki practitioners. Even practitioners who have been using Reiki with clients for some time can have vague ideas of what Reiki is and are therefore unsure of how to communicate the benefits and effects of this energy-based modality. The intent of this course is to re-introduce Reiki to the practicing massage therapist as a powerful healing modality and a philosophical system that is both simple and accessible. Additionally students will learn and have ample opportunity to practice previously unknown Reiki techniques of Dr. The two-part workshop begins with an evening session of community building, setting of intentions and sharing of Reiki with one another. The Reiki Principles will be reviewed as well as discussion of the variety of schools of Reiki. The second part of the class occurs after several weeks of practice. On the second full day scheduled two weeks after the first to allow for required practice, additional tools for sensing and clearing the more subtle levels of energy will be introduced and practiced. The primary focus the second day will be on applying concepts directly in one-on-one, from a distance and in larger group settings. Make yourself at home. Return to our Massage Therapy Continuing Education schedule. With life-long experience in music and liturgy, he studied voice and musical composition in college, earned his B. To register for this workshop call and place your deposit on a charge card or mail a check for the required deposit to: We will send you a confirmation in the mail. If you are traveling by plane, please confirm the workshop with the school before buying your ticket. Occasionally we do have to cancel workshops due to low enrollment. If a workshop is cancelled for any reason our liability is limited to a return of the deposit paid. If you cancel your participation in a workshop within 21 days of the workshop, there will be no refund of the deposit paid. The balance of your deposit will be refunded. What would you like to know? When do classes start?

Chapter 6 : Mindful Eating Challenge Day Deepening Your Practice - Honor Yoga

Join Deepening Your Practice tonight for the third in this ongoing series on explore the mindstate of loving kindness. We will see how developing a kind worldview can make emotions easier and life more fulfilling.

Harimander Want to get deeper into your practice? After experiencing a few classes, you may discover that Kundalini Yoga quickly extends beyond physical fitness. As a practice, it is multi-dimensional, encompassing, and has potential to create lasting mental, emotional, and spiritual transformation. If you find yourself wanting more than is offered in regular yoga classes, deepen your practice by joining other dedicated Yoga Phoenix students and teachers in any of the following ways. Practice 40 Days to Make a Change! Yogic science teaches that it takes 40 days to create or change a habit. A day commitment to change can provide the shift needed to develop a healthy habit or to drop a destructive habit. There are several approaches to a day practice. Some students start by attending yoga classes 40 days in a row. This is a great way to strengthen the body and commit to a set length of practice time each day. Sadhana is a daily personal practice. In the Kundalini Yoga tradition, it is suggested that a personal practice be done early in the morning, ideally before sunrise! This time is the optimal time for spiritual practice and it prepares you for the day ahead. However, a Sadhana practice can be done at any time. Sadhana can be a few minutes of meditation when you wake in the morning, it can be a yoga class you attend, or it can be any spiritual practice. A day practice is demanding. But you can do it. The day practice gives you the experience of discipline, and it teaches you that you can go through the challenges in life and create the change you desire. These courses are for serious students of Kundalini Yoga who want to take their practice and learning to a deeper level. Teacher Training courses provide transformational and educational experiences whether you want to be a yoga teacher or not. These courses cover all the basics of Kundalini Yoga as well as exploring topics such as lifestyle, philosophy, spiritual development, and humanology. Practice Sadhana Sadhana is a daily personal practice. Recommended Reading For in-depth study of Kundalini Yoga topics, the following books are suggested. Khalsa This book covers the workings of the mind and includes Yogi Bhajan lectures and meditations for effecting different aspects of the mind. This book is a fascinating read and the meditations are powerful and specific for creating change in mental attitude. It includes Yogi Bhajan lectures from two teacher training courses and meditations that were taught during those courses.

Chapter 7 : Deepen Your Practice | Yoga Phoenix

Manda explores what deepening our yoga practice (or Sadhana) entails, reflecting on her own journey and seeking insight from Patanjali's Yoga Sutras. As I began thinking about what deepening our Sadhana meant I reflected on my own journey over the last thirteen years and what might be the critical.

For many of us our entry point into yoga was Asana yoga poses. We might have associated deepening our Sadhana with advancing our yoga postures, i. Of course there is nothing wrong with that, but in my opinion the practice of yoga is so rich and there are so many gems to be discovered beyond the physical postures. Asking the right questions The style of asana practice we first embarked on might not be the asana practice that continues to serve us over the years. As we practise over months and years, we can go deeper by listening and responding to what the mind and body are communicating to us about the practice we are engaged in. How is our breath maintained throughout the practice? How are our energy levels sustained and regulated during our practice? Do we leave energised? Where is our head at whilst we are practicing? Do we look forward to arriving? Or are we more excited for it to be over? Is our practice a chore? Are we driven to practice out of obligation or fear? Or do we genuinely arrive on our mats grateful and excited to be there? Are we willing to question our practice, to take a step back and become curious about what experience we are having and whether the experience is beneficial to ourselves and to our relationships? Motivation and intention Which brings us to a fundamental questionâ€ What is yoga to you? Knowing your motivation and your intention keeps you on your path. No prizes for guessing how this played out Taking responsibility The previous question brings yet another questionâ€ How significant are the details of the practice? What are the constituents or necessary ingredients for you to create your experience of yoga? How rigid or flexible are those elements? Again another open question. This is what I felt my yoga needed to evolve and grow. And this is responsibility â€ the ability to respond to our fluctuating internal experiences, our forever changing external circumstances and identify the necessary and sufficient conditions for us to experience yoga. This is responsibility â€ the ability to respond to our fluctuating internal experiences, our forever changing external circumstances and identify the necessary and sufficient conditions for us to experience yoga. Looking to Patanjali Practice with consistency Master Patanjali offers us two core principles to apply towards our yoga practice elucidated in Yoga Sutras 1. Patanjali does not tell us what to do, but how to engage with our practice. The first principle is Abhyasa: A consistent and sincere enquiry, questioning, curiosity and unwavering commitment to your Sadhana. Practise with non attachment The second principle is Vairagya â€ non-attachment, a gradual letting go of our preferences, our likes and dislikes, the colourings that oxymoronicly dull the mind. When the mind clings to something it becomes rigid and inflexible, we calcify and become narrow in our perspective. By taking an expansive and open-minded approach we experience more freedom and liberation and we are less disappointed by the outcomes of things not going our way. When the mind clings to something it becomes rigid and inflexible, we calcify, we become narrow in our perspective. By taking an expansive and open position we experience more freedom and liberation. We feel less entitled in other words: So much room for growth and transformation. So much space for yoga to happen. What is more, a pace is implied in these teachings. Critically, what is proposed is consistency over time and a gradual letting go and shedding of the layers of our preferences. In this way I feel the marriage and application of the two companion principles Abhyasa and Vairagya is complete and profound. I had to let go of what yoga had been, or looked like on the outside in terms of the rituals and techniques, and find that deep-rooted experience of yoga that I had cultivated over the years. After the sofa surfing phase was over returning to class and to my asana practice was richer and more intrinsic than ever. Yoga happens when you consistently discriminate between the choices and actions that uplift and elevate your life and the lives of others and when, over time you can let go of all that which does not. Yoga happens when you consistently discriminate between the choices and actions that uplift and elevate your life and the life of others and when, over time you can let go of all that which does not. Your Sadhana is a seed that was once planted, the more consistently you nourish and nurture it with the appropriate ingredients, the deeper its roots will grow. Then all that is left is for you to

experience it blossoming and flourishing in its fullest glory. On a good day I do not choose to be prescriptive and yet I wanted to give you something to walk away with, something to work with, some tools of enquiry at least to guide you on your way. And I hope progressively a more internal experience than anything you perceive to be measurable or validated from the outside. The techniques are in oneself and we must discover them; if not we will depend on others. I am sick and I go to the doctor; but finally I must become my own therapist. Go deeper and truly enrich your yoga practice and hopefully, your life.

Chapter 8 : Deepening Your Practice – A Workshop Series with Patty Townsend | Yoga Center Amherst

Deepening your practice at Spirit Rock Meditation Center. Dharma Training Programs. Once you've attended many Spirit Rock programs and a number of retreats, and the teachings of the Buddha have become integral to your daily life, you may feel ready to commit to one of our Dharma Training Programs to deepen your practice.

Grow your confidence, your instinct, and your community. The Art of Hosting is a set of tools, methodologies, and frameworks. Deepening Your Practice is for practitioners who: Many of us know that many of our organizational systems teeter on an edge. We need transformation to carry us forward. Yet we often regress to old and unfruitful habits. Many of us are learning to respond with wisdom by gathering together. Many of us are learning to hold ourselves through the fear and difference that come from leading new ways of thinking and acting. We continue to hear practitioners asking to go further. Yes, you can learn the mechanics of method. But it's the grounding narrative that so often turns method to art. Participation is for many a new narrative. A new story requires time to digest. It requires integration with colleagues. It requires courage and trust to take ourselves and others to the new. Harvesting is so much more than catching a few words and phrases to stick into a report. Harvesting is an attitude and disposition. It is catching what is arising. It is noticing what has energy and giving it enough tangibility to carry it forward with continued or renewed attention. Complexity is ever-growing in our day to day experiences. It surfaces the need to work differently, not just more tenaciously. Working with complexity requires the best of us to be able to let go and to work more intelligently. It requires tools, skills, and orientations unique to the times we live within.

Chapter 9 : Deepening Your Practice

Deepening Your Practice is a welcoming group of dedicated practitioners who meet Thursday mornings from 9 to 11 a.m. under the guidance of InsightLA's Founding Teacher Trudy Goodman and other InsightLA teachers and senior practitioners.