



ABHAYA YOGA ADVANCED RETREAT ELECTIVE HOURS (100)

**KICK OFF ADVANCED TEACHER TRAINING WITH OUR URBAN RETREAT!!**

Master Teachers Kenny Graham and Professor Bill Mahony

Special Guest: Nina Rao (kirtan Saturday Dec 8)

December 7-9

Friday 4pm- Sunday 5pm

<https://abhayayoga.com/events/urban-retreat-immersion-heart/>

Pricing: additional \$250 (includes meals)

**Lifestyle/ Bhakti/ Philosophy Modules:**

**Choose 3! ( choose 2 if you have attended Urban Retreat Dec 7)**

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| <p><b>Ayurveda with Dr. Naina Marbelli</b><br/>         January 25-26<br/>         Saturday/Sunday 10am -6pm<br/>         Day 1<br/>         Intro to Ayurveda. Find your unique physical and mental constitution. Ayurveda nutrition based on the four pillars: diet, yoga postures, breathing patterns, sleep and meditation</p> <p>Day 2 Explore:</p> <ul style="list-style-type: none"> <li>- Digestion and metabolism</li> <li>- The relationship between emotions and digestion.</li> <li>- Six tastes</li> <li>- -Determining food according to the constitution of the body and mind</li> </ul> <p>10-6pm</p> | <p><b>Tantric Philosophy with Professor Douglas Brooks</b><br/>         February 8-9<br/>         Saturday/ Sunday</p> <p>Tantric View of the Deities, Mythology &amp; Storytelling</p> | <p><b>Goddess Tradition Sally Kempton</b><br/>         May 11-12<br/>         Saturday/ Sunday<br/>         10-6pm<br/>         Saturday 7pm Kirtan with Kathryn Robinson</p> <p>The Goddess Empowerment: How to Live Your Own Truth, Wisdom and Power through the Yoga of the Divine Feminine<br/> <i>**A Weekend of Wisdom Teachings for Women.**</i></p> |
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| <p>Ayurveda's World<br/>** offsite**</p>   |   |  |
| <p><b>Harmonium &amp; Bhakti Bhakti<br/>Bhakti Immersion Weekend</b><br/>Friday May 10- Sunday May<br/>12<br/>Chanting, Learning the<br/>Harmonium, and bhakti<br/>inspired teachings</p> <p>Kathryn Robinson and Seth<br/>Leiberman<br/>Friday 2-5pm, 6:45-8pm<br/>Saturday 8-10am, 7-9pm<br/>Sunday 4-6pm, 7-9pm</p> | <p><b>Tantric Practices with<br/>Chandra Easton</b><br/>May 17-19<br/>Friday- Sunday<br/>Feeding Your Demons as<br/>taught by Lama Tsultrim</p> <p>Feeding Your Demons® is a<br/>five-step process created by<br/>Lama Tsultrim Allione that allows<br/>us to offer compassion and<br/>understanding to our own inner<br/>demons rather than engaging in<br/>battle and struggling with them.</p> | <p><b>Tantric Practices with Karla<br/>Jackson</b><br/>March TBD<br/>Goddess Mandala<br/>Tibetan Tantric Practices</p> |