



ABHAYA YOGA ADVANCED RETREAT ELECTIVE HOURS (100)

**Lifestyle/ Bhakti/ Philosophy Modules:
Choose 3**

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| <p>Ayurveda with Dr. Naina Marbelli February 15-16 Saturday/Sunday 10am -6pm Day 1 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"> - Digestion and metabolism - The relationship between emotions and digestion. - Six tastes - -Determining food according to the constitution of the body and mind <p>10-6pm Ayurveda's World ** offsite**</p> | <p>Tantric Philosophy with Professor Douglas Brooks February 7-9 Friday/ Saturday/ Sunday</p> <p>The Goddess as the Wave of Beauty The Saundaryalahari, the Wave of Beauty, is one of the most remarkable and poignant works of Sanskrit poetry devoted to the great goddess. The astonishing grace and refinement its poetry couples with a rich, esoteric teaching of goddess-centered Shakta Tantric practice. Attributed to the great non-dualist philosopher Shankara, the first portion of the Wave of Beauty is known as the Wave of Bliss and is regarded a direct disclosure of the goddess herself, concealing and revealing her sublime presence in nature, culture, and deep within the human experience. The Wave of Beauty is an exquisite,</p> | <p>Goddess Tradition Sally Kempton May 11-12 Saturday/ Sunday 10-6pm 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 <i>**A Weekend of Wisdom Teachings for Women.**</i></p> |
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| | <p>fascinating invitation to the embodiment of goddess as a sublime presence taking the triad form of image, mantra, and yantra</p> | |
| <p>Harmonium & Voice Seth Leiberman</p> <p>Friday April 5 4-6pm Saturday April 6 10-1pm</p> <p>Chanting, Learning the Harmonium, and bhakti inspired teachings</p> | <p>Tantric Practices with Chandra Easton May 17-19 Friday- Sunday Feeding Your Demons as taught by Lama Tsultrim</p> <p>Feeding Your Demons® is a five-step process created by Lama Tsultrim Allione that allows us to offer compassion and understanding to our own inner demons rather than engaging in battle and struggling with them.</p> | <p>Tantric Practices with Karla Jackson Tantric Practices with Karla Jackson March 22-24 Goddess Mandala Tibetan Tantric Practices Friday 8-9pm Saturday 1-5pm Sunday 12:30-3:45pm</p> <p>Authorized Teacher, of the Tara Mandala Buddhist Retreat Center, as we explore the concept of the Mandala Principle, and the expression of the Empowered Feminine in Vajrayana Buddhism. In this retreat you will be introduced to the five Wisdom Dakinis. Dakinis are female wisdom beings. They represent our ability to give birth to, embody and live our full range of potential.</p> <p>By connecting with the Dakinis in a meditative practice, you will learn how these energies are a resource in your everyday life and experience their support of your</p> |

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| | | <p>development as a spiritual being. The retreat will involve guided meditation, sound, and movement. The retreat culminates with the transmission of the 5 Wisdom Dakini Mandala practice, as developed by Lama Tsultrim Allione,</p> |
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