



Rainforest Yoga

Presents a workshop with
Sarahjoy Marsh
February 24, 25, 26, 2012



February 24, Friday 11am to 3pm . Book a private session with Sarahjoy for \$85./hr. Carol at 209-9297

5:30pm - 7:30pm at Aldersgate* \$40.

Will include standing poses, balance poses and meditation. Philosophy discussion on the *Gunas*. Leveraging the power of Tamas: structure, stability, foundation, reliability, and grounding.

February 25, Saturday 9am - noon at Aldersgate*\$60.

This will be a fiery class with abdominal work, balance poses, and practices that cultivate determination, toward the goals of yoga, and resilience for life.

Honoring Tamas and Recruiting Rajas. Rajas out of balance moves in scattered patterns, dissipating our resources, vitality, clarity, creativity, and purpose. Rajas in balance moves us to higher awareness and transforms stagnant Tamas into power for transformation.

Saturday 2:30pm - 4:30pm at Aldersgate*\$40

This session will focus on deepening meditative practices and will include restorative yoga poses as well. Resting in Sattva. Honoring the stillness of tamas in balance, and the clarity of rajas in balance, we rest in sattva.

* Aldersgate Church is the first right after the Glacier Cinema

February 26, Sunday 8:30am—11:30am at Centennial Hall \$60



Understanding the "tamasic mind/body syndrome" of our western culture, we'll use the lens of the koshas (yoga's model of our pathway as a human being) for exploring the process of making lasting behavior changes, cultivating vibrant health, and resting more constantly in awakened awareness.

Space is limited!

Registration form at :www.rainforestyoga.org

Entire Workshop Discounts:

Members before Feb. 10: \$150.

Members after Feb. 10: \$175.

Non-members before Feb. 10: \$180.

Non-members after Feb. 10: \$190.

Membership is \$25. paid separately

Scholarships available at rainforestyoga.org. Submit by Feb. 10

Questions? Carol Race 209-9297

Guṇa (Sanskrit means 'string' or 'a single thread or strand of a cord or twine').

In Samkhya philosophy, a guṇa is one of three "tendencies" of prakṛti (universal nature): tamas, sattva, and rajas. Each of the three gunas is ever present simultaneously in every particle of creation but the variations in equilibrium manifest all the variety in creation including matter, mind, body and spirit.