

Freedom Yoga

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Freedom is the ability to have mastery over your life, to thrive and find purpose. This mastery at the heart of freedom is based on self-knowledge and understanding. Yoga can enhance your freedom because it can help you better understand yourself: your thoughts, habitual patterns and deeper motivations. Such understanding requires *svadhyaya* (self-study) and sustained practice over time.

This unique workshop applies insights from neuroscience to yoga's time-tested techniques for the journey to self-mastery and empowerment – *asana*, meditation, *pranayama*, teachings on the nature of mind.

SESSION 1 (2.5 hours) *Freedom Flow*

An exhilarating flow practice that moves seamlessly through sun salutations, standing poses, forward folds, twists, hip openers and backbends before melting into an extended *savasana* and grounding *yoga nidra* meditation.

SESSION 2 (2.5 hours) *Science, Samskaras and Self-Mastery*

Yoga practice provides tools for reducing suffering, enhancing wellbeing and attaining self-mastery and excellence. When you can witness your thoughts, emotions and feelings without blindly reacting to them as a stream of chaotic sensations, you are reaping the subtler benefits of yoga practice and cultivating equanimity in place of reactivity.

Insights from modern scientific can help us better understand why yoga works so well by looking at the neurobiological processes that are influenced by yoga techniques.

SESSION 3 (2.5 hours) *Kriya Your Karma*

A slower vinyasa flow practice integrating pranayama, kriyas, intention setting and yoga nidra. We will hold poses for a longer time and play with advanced inversions and arm balances. A chance to bust through self-limiting beliefs and tendencies!