

## ***Turn Your Drama Into Dharma!***

**Dearbhla Kelly M.A.**

As a yogi, one of your most important tasks is cultivating attitudes and practices that reduce suffering and enhance wellbeing and joy. And yet no matter how much practice you do, you frequently encounter your humanity in the quest for spiritual growth.

So how to progress?

Small steps are crucial. You change the macro by changing the micro and minor incremental changes amount to big changes over time. But it takes dedicated practice and persistence. A sense of humor helps too! Fortunately, yoga offers many time-tested techniques for making the journey a little easier.

### **Session 1 (2.5 hours) *Start Where You Are***

All change begins with acceptance. It's only when you recognize the reality of a situation that you can powerfully choose to accept it and align with it, or begin to make new choices.

Short discussion followed by a strong and dynamic vinyasa flow practice with an emphasis on moving beyond your psychological resistance and expanding your edge.

### **Session 2 (2.5 hours) *Biography Becomes Biology***

Underscoring our emotional lives is a complex choreography of hormones, neurotransmitters and neuromodulators that affect not just the body's homeostasis but also our moods and emotions. These biochemicals are powerful agents with significant effects on behavioral patterns and underlying attitudes and beliefs.

We will discuss Patanjali's teachings on *samskaras* (habitual tendencies) and *karma* (the law of cause and effect) in the light of neurobiological research on emotions and behaviour. We also discuss the many tools that yoga provides for modulating the nervous system and affecting behavioural change. Knowing how to integrate these tools into your practice along with insights gleaned from yoga philosophy is empowering and enriching.

### **Session 3 (2.5 hours) *Moving Towards Integration***

There is a direct link between self-knowledge, and self-mastery. An important step on the path to empowered living is learning to accept and love yourself, to be your own best advocate. Self-care is essential.

We will discuss some elements of essential self-care for yogins: meditation; yoga nidra; regular asana practice as well as *sangha*, the importance of community.

Discussion, meditation, *pranayama*, yin yoga practice and yoga nidra.