

MASTER SERIES in the ANUSARA TRADITION

Our capacity to understand the world is our blessing and the yoga

FRIDAY, MARCH 5TH, 12TH & 19TH 2:00 – 4:00 p.m.

Investment: \$75 for the series or \$ 35 per class

**Pangaea invites you to deepen the knowledge
that the best treasure to discover is the one that you already possess.
Each session will include asana, philosophy, meditation and myth.**

March 5th

IMBOLC BLESSING

Celebrate the increasing power of the sun as it starts to penetrate us in a deeper way, getting through the layers. Fuel your own powers and the heat and flame will ignite your passion. Saint Brigid (Celtic Goddess of healing and smith craft) drew into her courageous warrior energy and stood to her ideals even in the face of fear. When you stand steadfast to your authentic voice you make joy out of the ordinary and you will have extraordinary joy. Learn how to hug into the midline to open up the gateway to the heart. This class focuses on dynamic standing poses, hip openers and twists.

March 12th

CONCEALMENT and REVELATION

Exploration of the Song of the Bhagavad Gita from a Tantric View

“You are what you DO!” Are you willing to wake up every day and commit deeply to a moving target? You can’t see yourself until you look into the mirror; which is the action you take in the world. Yoga is skillful action. Together we will explore the specific three actions outlined in the Bhagavad Gita. Recognize your own unique gifts as you realize nothing is lacking. All revelations you ever going to have will happen by remembering your own connection to the wholeness (purnatva). Yoga taps into the remembrance that you are complete and that life is a blessing and a gift. Our focus will be on backbends. It is through our back body that we can pluck into the universal grid and create an aligned relationship with our individual selves.

March 19th

DEVOTION in MOTION

Entering into the presence of the powerful, compassionate being known as Hanuman

Through discipline we can cultivate our devotion to a life of joy and freedom. In tantric tradition it always is an invitation, never an obligation. We are so free that we can choose what we want to devote our lives to. Through his devotion to King Rama, Hanuman tapped into the remembrance of his mesmerizing mystic abilities. In a cursed state we believe ourselves just to be ordinary. When we infuse ourselves with profound love and listen to the call to serve a higher cause we can do more than we can imagine. We remember our own super powers. Hanuman inspires this practice with an emphasis on handstands, arm balances and backbends.

**“Receiving the gift of yoga is where we start and
gloriously, contentedly conclude. “
Douglas Brooks**

