



8 Mondays 6-8:30pm
2 Mondays independent study
pay as you are able
REGISTRATION REQUIRED

Sadhana Practices for Conscious, Centered Living

- Week 1:
2/6 **Entering The Path** - mapping out your 10 week Path
monthly, weekly, & daily Practices
addressing your own personal roadblocks
- Weeks 2-3:
2/13 & 20 **Self Study (Swadhyaya)**
awareness journaling, clearing sacred space
Ayurvedic constitutional study
- Weeks 4-5:
2/27 & 3/5 **Non-harming (Ahimsa)**
loving yourself, making and keeping promises, affirmations,
study of stress responses, restorative rest & time management
- Weeks 6-7:
3/12 & 19 **Non-attachment (Aparigraha)**
learning to let go, living dharma & finding freedom
play, creative self-expression, sacred burning
- Weeks 8-9:
3/26 & 4/2 **Allowing (Santosha)**
Practicing - wrestling with body, mind, & spirit
learning to enter the quiet & drop into stillness
- Week 10:
4/9 **Re-entering The Path again and again**
evaluating the past 10 weeks
addressing personal needs to continue on your personal Path
The ever-unfolding petals of awareness into freedom!

Mondays February 6 thru April 9
6-7pm Yoga on the Mat
7-8:30pm group study circle

*Additional Individual Guidance
available by email & personal appointment*

*2 weeks break from group study
focused on intentional independent time
(for some at Kripalu, for others as
individually pre-planned)*

PLEASE REGISTER before 1/30/12

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