

Fall 2015

Wellbeing Workshops

with Natalie Fraser

Living From Love

September 13 - 1:00 pm to 2:30

Eight Limbs of Yoga

October 11 - 1:00 pm to 2:30

Feminine Energy

November 8 - 1:00 pm to 2:30

Katabasis: The Winter

Journey into Self

December 13 - 1:00 pm to 2:30

Priced for wellness

\$20 for one workshop

\$35 for two

\$50 for three

\$65 for the series

Living from Love

Love is all. Love has no opposite. Ego is the messenger that we have moved away from the presence of love. Learn how to always return to the peace and joy of love. If you are searching for a way to step onto the path, find healing, become present, live from love, what better place to start than with what you are experiencing right now? This busy mind, this back pain, this happiness, this emotion, this clarity, this confusion, this situation—it all has value and meaning. As Pema Chodrin says, “Start where you are.” Let’s explore the purpose of ego and its connection to fear and learn how to return from its lessons as fast as we can to love.

Eight Limbs of Yoga

Beyond the mat, the practice of yoga is an art and science dedicated to creating union between body, mind and spirit. Its objective is to assist the practitioner in using the breath and body to foster an awareness of ourselves as individualized beings intimately connected to the unified whole of creation. In short it is about making balance and creating equanimity so as to live in peace, good health and harmony with the greater whole. This art of right living was perfected and practiced in India thousands of years ago and the foundations of yoga philosophy were written down in The Yoga Sutra of Patanjali. This sacred text describes the inner workings of the mind and provides an eight-step blueprint for controlling its restlessness and enjoying lasting peace.

Feminine Energy

Divine feminine energy is comprised of divine, angelic qualities — unconditional love, understanding, compassion, nurturing, helpfulness to others and is passive in nature. It includes tenderness, gentleness, and kindness. The unconditional love in feminine energy is powerful and magnetic. It is this passivity, this peace, (experienced by the stilling of the ego-influenced, finite, human brain mind), which opens the heart’s spiritual door to the soul and permits the human self to receive — intuitively — divine guidance and information from the divine mind and loving heart of his or her very own divine, eternal soul and God Within.

Katabasis

The winter journey into self in preparation for new spring expansion. Katabasis is the epic convention of the hero’s trip into the underworld. In Greek mythology, for example, Orpheus enters the underworld in order to bring Eurydice back to the world of the living. In this discussion we will see that we are all the hero and we can bring our whole selves back to the living. In Antarctica, katabatic winds perpetually flow off the Antarctic plateau and are channeled through mountain passes and down steep glaciers to the oceans. They blow at storm force year round. As we enter our cold Canadian winter we will prepare to let those winds take with them our worries and old habits. Although it may be a cold, hard experience at times we know in the spring comes the sun and we will be prepared to melt and let go.

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Register at 613-784-9309 or email frasernatalie@yahoo.ca. For more information visit www.moment-m.ca