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Mapping the Energy Body



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1:30-4:30pm

Presenter:

Claudia Fountain

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Breathe Los Gatos

14107-H Winchester Blvd

Los Gatos, CA 95032

breathelosgatos.com

Asana is where many of us begin exploring yoga—on the mat, stretching, twisting, strengthening, sweating, breathing, and experiencing our physical presence in the world. We may be looking for something—more strength, flexibility, stress relief, peace, bliss, perhaps even enlightenment. At some point questions begin to arise. Is there more than this? What is this that I am feeling in my body? How do I still my mind? How do I take my yoga to the next level?

Three-thousand years ago, yogic sages charted the Koshas (sheaths). In this workshop we will look at the Koshas as a way to deepen our connection to our multi-dimensional, energetic bodies—to radically shift our yoga practice to the next level. The Koshas can be thought of as a map, or a template, for exploring our inner world.

According to the Koshas, we are made up of five layers of increasingly more subtle energy. We will play with asana, breath, meditation and other techniques to tap in and connect to these five layers of energy. Bring your curiosity, your mat, and a journal to write in.

*“Yoga is the journey of the self,
through the self, to the Self.”
The Bhagavad Gita*