

Hatha Yoga & Philosophy Intensive with Bhavani Maki

May 19-21, 2017 – Galveston, TX

Class Descriptions

Friday, May 19, Evening Session

Introduction to the Patanjali Yoga Sutra; The Yogi's Road Map

Classically, the Yoga practitioner in the East is well equipped with the definitive guide to the Yogic process, Patanjali's Yoga Sutra. In the West, we are left to negotiate and navigate our ways with little or no advice. The Yoga Sutra are considered to be the definitive text for Yoga and a map of the Yogic experience. Revealing the deeper underlying nature of our being, and how to quell our self-negating tendencies, the indescribable is well described, and is indispensable in helping us to proceed with confidence, clarity, and ultimately, effectiveness.

Saturday, May 20, Morning Session

Drdah Bhumi: Firmly Grounded-Standing & Balancing Postures

Patanjali encourages yoga aspirants to develop a practice that is steadfast, and firmly grounded. We will investigate standing and balancing postures as a means to systematically approach to stabilize our connection to the Earth with the intent of accessing greater freedom within the self. Diagnostic as well as curative, these postures are the vehicle for developing a sustainable practice that has the qualities of integrity of alignment and form.

Saturday, May 20, Afternoon Session

Patanjali Yoga Sutra II - The 5 seemingly non-painful thought processes

In order to develop an objective perspective of our subjective experience, the five types of thought processes are described. With a sharp and clear understanding of what spins in our minds, we can get off the roller coaster of the "monkey mind", and begin to unravel ourselves from unconscious conditioning.

Sunday, May 21, Morning Session

Amrita, the Nectar of the Gods: Hip openers, Balancing and Inversions

Accessing the still point within balance and flux, explore the foundation of steadiness, ease and being true to our own center from the ground up.

Sunday, May 21, Afternoon Session

The 5 Afflictions

Journey further into the workings of your mind and emotions. and the recognition that all our self-defeating patterns boil down to the 5 Klesha, or afflictions.