

Davis Holistic Health Center

Presents

Moving Meditation

Yoga Intensive with Patricia Sullivan

the Davis Holistic Health Center has a new location: 1403 5th St., Suite B, Davis

December 5, 2009, 10:00am - 1:00pm

Cost: \$45

Patricia will offer a blend of yoga practices that illuminate the path of how to experience graceful intelligence in the body while integrating compassionate resonance in the mind-heart. Working sensitively with mindfulness in asana we become better informed as to our weak points and our holdings, the body responding to our compassionate attention as we approach shapes might feel unusual or difficult. "Approach" is the key word here, rather than "achieve".

The class will begin with a brief look at an appropriate yoga sutra or possibly a teaching from the Buddhist perspective, which will then be woven through the movement part of the class, and reappear at the end as we close with a meditation. The meditation at the end will be guided initially to help you reap the clear and illumined state of mind which the practice of asana can bring forth. The class level will be appropriate for all levels of student.

Patricia has been teaching yoga for almost 35 years, and her knowledge of alignment, anatomy, and kinesiology promotes healing and aesthetic awareness in every student. Foundational study of Iyengar Yoga, with years of personal exploration and exposure to many traditions, including Zen Buddhist meditation, has created a continuing evolution in Patricia's teaching. In addition, her work as a sculptor adds a creative, improvisational and fun element to the class. For more on Patricia visit www.patriciasullivan-yoga.com.

Contact Heather or Hilary at movingmeditation.dhhc@gmail.com for registration.

