

Yogarupa Rod Stryker

presents

ParaYoga Immersion Weekend at Yoga Rasa



AWAKENING THE TRUE POWER OF YOGA: SUN, MOON, AND FIRE

with Rod Stryker

March 18-20, 2011

Friday night ~ 6-8:30

Saturday morning ~ 9:30-12:30 • Saturday afternoon ~ 2-5

Sunday morning ~ 8:30-11:30 • Sunday afternoon ~ 1-3:30

Entire weekend: \$249 until 2/15, \$279 after

Friday evening or Saturday morning only: \$65 each

The ancient tradition of Tantra maps the entire spectrum and sacred journey of Hatha Yoga. According to these teachings there are three stages to practice: Moon, Sun, and Fire. Knowing how and when to apply these practices, ancient wisdom tells us, is key to realizing the promise of yoga and to achieve lasting happiness and success.

Join master teacher, Rod Stryker, for what promises to be an inspiring and life-changing weekend. Each class includes theory and practice. All levels welcome.

Rod Stryker is the founder of ParaYoga® and widely considered one of the country's leading yoga and meditation teachers. He has taught for thirty years and leads retreats, workshops, and trainings worldwide. Rod is one of few American teachers today transmitting an ancient tradition, one that has been handed from teacher to student for literally thousands of years.

Register Early ~ call Yoga Rasa or visit YogaRasa.net !

17226 Mercury
@ El Camino & Medical Center
Houston, TX 77058
281-282-9400

www.yogarasa.net



SESSION DESCRIPTIONS

Friday PM ~ Tantra Vidya, Kundalini & the Subtle Body

Through theory and practice we explore the science of Tantra, highlighting the ancient tradition's approach to asana and beyond and its vision of where and how the worlds of mind, body and spirit meet. Class includes discussion and practice.



Saturday AM ~ Sun Practice: Awakening the Force of Transformation

We focus on the approach to practice that links us to *prana* or life force. Sun practices allow us to increase vitality, subtle awareness, passion, and power. "Solar" energy leads to shining, both internally and externally and is the foundation for the final and most powerful stage of practice.

Saturday PM ~ Moon Practice: Centering and Balancing

Activation of the lunar force creates a rhythm of healing, peace, and wisdom. These practices stimulate the nurturing energy that allows us to remain calm in the midst of turbulence, steady in the midst of change. These practices are key to awakening hidden intelligence, and intuition.

Sunday AM ~ Fire Practice: Discovering and Living the Ultimate Aim of Practice

The ultimate aim of Yoga practice is to awaken our inner fire--the force of Spirit. Activation of the subtle force of fire leads to extraordinary perception and living. Practice focuses on generating the energy that dissolves inertia in order to access the dormant channel within the spine.

Sunday PM ~ The Yoga of Meditation

In this workshop we demystify meditation and delve into the practices that allow the flower of Yoga's sublime vision to fully bloom. We explore three different Yogic approaches to meditation along with their particular benefits for you or your students. This is an experiential workshop and includes theory and discussion.

Registration – Rod Stryker ParaYoga Immersion (3/18-20/11)

Entire weekend Individual session(s) _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature