

High Desert Yoga presents

# FINDING BACK OUR JOY

with Angela Farmer

November 22–24, 2019

*Here is an unusual and personal way to delve into essentials for Life and Yoga, leaving behind tradition and styles, teachings and form... listening within and following with feeling, to discover the amazing Joy of our own and uniquely personal practice.*

## **Day One**

*Exploration of ways to recover our cellular memory and experience of Nature through the Elements as we know them in the body, our connections back through evolution and the ways in which our body needs to honour the beautiful Animal that it is, as well as finding our Roots and the amazing, silent power of the Back Body.*

## **Day Two**

*Creating Space and Freedom in the Spine and from there out through the whole body. With movement, imagery, and further understanding of Animal power and the growth and life of the Plants as a bodily experience, we begin to recover our inner presence and power. Asana may come and go in the flow! There will be some time for partner help, questions, discussion and deep relaxation.*

## **Day Three**

*Evolving out of the experience of the two previous days, we shall go into more subtle releases in the joints and holding places in the body. We shall also explore meditation in movement and stillness, access the 'Art of Receiving,' and deepen our capacity to fully live in the spaces we create so as to find our Joy in a loving yet powerful presence of being.*

***The teaching of each day builds on the previous so you must attend these sessions in order.***

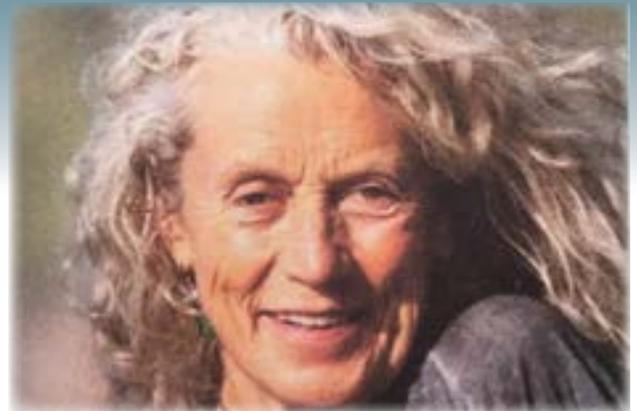
**Friday–Sunday 11:15AM–1:15PM & 2:45–5:45PM**

**All 3 days \$475** + 37.41 tax = \$512.41

Day 1 only: \$175 + 13.78 tax = \$188.78

Day 1 & 2 only: \$340 + 26.78 tax = \$366.78

*Angela Farmer was one of the first Iyengar teachers to visit America, training many now well-established American teachers. Her focus today is less concerned with form, technique, perfection, or presentation than with the simple art of becoming present with undoing, releasing, and opening, as breathing takes over to reveal the beauty, power, and innate joy of life.*



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