



June 20–23, 2010 Sunday–Wednesday

Yoga from the Core of Stillness

Lindel Hart

Return to the source in this restorative retreat, reconnecting to what Lindel Hart calls “the core of stillness.” Slowing down the mind provides space to step back from the surface of your practice to reveal a more profound and satisfying organic foundation. By deconstructing the way you view and embody asanas, Lindel will help you open your mind, body, and heart to the possibilities available in each moment.

The workshop will explore a full range of postures that includes inversions. Focused breathwork and meditation will prepare you for a potent, energizing, and meaningful yoga practice. Time for meditation and reflection will be built into each session, and journaling will be encouraged to record important insights.

The program includes a full restorative yoga session in which the studio becomes a sanctuary of stillness. During this session, all poses will be practiced on the floor, supported by bolsters, blankets, and other props to facilitate a gradual, sustained sense of opening, a heightened sense of awareness, and deeper relaxation. **CE credits are available.**



Lindel Hart is a certified hatha yoga instructor greatly influenced by the work of B. K. S. Iyengar. Infusing his teaching with compassion, joy, enthusiasm, and humor, Lindel emphasizes anatomical integrity and a constant dialogue between mind, body, and spirit. Through the practice of yoga, he encourages his students to explore and deepen their connection to themselves and to whatever they regard as divine. Lindel is the owner and director of HartYoga in Shelburne Falls, Massachusetts, and has also taught yoga in Northampton, Massachusetts, and New York City.

www.hartyoga.com

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exploring the yoga of life.