

Two Days of Anusara Yoga and Yoga Philosophy
With Carlos Pomedá, Jayendra Hanley, and Jim Bernaert

“An Introduction to Anusara Yoga” with Jayendra Hanley

Saturday 27 September 10:00 – 12:00

A dynamic asana practice to warm us up for the weekend. All ability levels welcome.

“What is Yoga? A Historical Overview” with Carlos Pomedá

Saturday 27 September 14:30 – 17:30

What is Yoga? The answer is not as obvious as it may seem. In fact, the various systems of yoga that developed in India over the centuries are different answers to that fundamental question.

But this workshop does not treat the question nor the answers from a theoretical perspective. It does provide a chronological overview of the development of yoga. It does explore the major systems from the perspective of their answers to that question. And it does provide a useful framework for further study. But, most importantly, it explores the various approaches to life and to practice that each system contains.

The workshop will combine a lively and insightful presentation of some of the most important teachings of the various schools, including the origins of yoga, the classical formulation of Patanjali's, the various systems of Vedanta and the various approaches of Tantrism, including Kashmir Shaivism. It will also include a variety of meditative and other practices, representative of each of these schools, so as to give participants an “inside” feel for each one.

Turning Within, Developing Awareness: An Anusara Yoga Workshop

With Carlos Pomedá, Jayendra Hanley, and Jim Bernaert

Sunday 28 September 9-12:00 and 2:30 – 5:00

The practice of hatha yoga can be very physical if we only focus on the body and breath. With a philosophical context for our hatha yoga practice, we can do the poses from inside-out and have a more profound experience. Join us in this unique blend of yoga philosophy, asana practice, and meditation with 3 outstanding teachers. Carlos will begin each session by offering a spiritual theme for our practice, then Jayendra or Jim will lead a dynamic asana practice to develop awareness of our total selves. Carlos will return to offer meditation instructions that help us turn within.

Price: 125 euros for the weekend or 70 euros per day
Salle du foyer Jean Vilar
Place de la mairie 30290 Saint Victor la Coste

To reserve a space or if you have questions, please contact
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