

Yin Yoga & Osho Meditation Workshops

A Three-Part Journey
To the Heart of You

January, February & March 2010
With Lynne Baum



"Many meditative techniques require one to sit still and silent. But for most of us accumulated stress in our body & mind makes that difficult. Before we can hope to access our inner powerhouse of consciousness, we need to let go of our tensions."

Lynne Baum

Osho Active Meditations have been scientifically designed to enable us to consciously express and released repressed stress and tension, and learn the knack of watching and removing our habitual patterns in a new way. For the first time, UpDog Yoga students will have an opportunity to learn these techniques first-hand, in a series of three (3) workshops designed to impart this amazing practice.

Suitable for students of all skill levels, the Osho Workshops have been spread out over a three-month period (one two-hour workshop per month). Each workshop will consist of:

- § A **full 90-minute yin yoga experience**, designed to open up hips, sacrum and lower back, helping you work deeply into the connective tissue of your body, increasing flexibility and reducing overall stress.
- § A **30-45-minute Osho active meditation** that Lynne learned while staying at Osho's ashram in Pune in southern India in 2007. The sessions will build on each other, and will impart the methodology of self-awareness as well as the science of active meditation.

Session I: **Yin Yoga & Nadabrahma Meditation** Friday, January 22, 2010 (7:15-9:15pm)

Session II: **Yin Yoga & Kundalini Meditation** Friday, February 26, 2010 (7:15-9:15pm)

Session III: **Yin Yoga & Nataraj Meditation** Friday March 26, 2010 (7:15-9:15pm)

Cost: **\$90** for all three sessions (\$30 each). **\$75** if paid in full by January 21, 2010
(sorry, no member/employee discounts for this three-class series)

