

Yoga Among Friends presents

Rod Stryker

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

Friday - Sunday
March 5-7, 2010
\$245 All Sessions

or pay per session. See each session below for cost.



"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 his return to Yoga Among Friends and what promises to be an inspiring and life-changing weekend. Each class includes theory and practice. All levels welcome.

Friday 6:00-8:30 PM, \$50

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 9:00 AM-12:00 PM, \$55

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 1:30-4:30 PM, \$55

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 9:00 AM-12:00 PM, \$55

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 1:30-4:30 PM, \$55

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. All levels.

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.

Location:

The Masonic Temple

923 Curtis Street

Downers Grove, IL 60515

Registrations Accepted at:

yoga
among friends

4949 Forest Avenue
Downers Grove, IL
60515

630.960.5488

yogaamongfriends.com

Early registration is recommended. This workshop will fill quickly. Please make checks payable to Yoga Among Friends.