

MAKING YOGA



A SPIRITUAL PRACTICE

WITH ERIKA HEWITT

For many people, the initial appeal of Yoga is physical: muscles are lengthened; joints are strengthened; the breath finds new pathways. After a while, however, the dedicated student realizes that there's far more to Yoga than physical poses and strength: it's a tool for growth, a path towards integrity. Yoga can nourish the soul as much as it feeds the body.

How do we take this physical practice into the spiritual dimension, making a spiritual practice of Yoga? Where is "the spiritual" in Yoga, and how might we find it beneath the ancient texts, dogmatism, and "woo woo" elements? What does it mean to invite Spirit onto the mat, and how might that transform us?

SATURDAY, MARCH 13, 2010 • 1:00-3:30PM • \$40



ERIKA HEWITT is a longtime Yoga instructor (and an even longer practitioner); she is also an ordained minister, and the pastor of a local congregation. In this workshop, Erika will seek to provide a concrete framework for the spirituality of Yoga, grounded in real life. The workshop will include conversation, individual reflection, and maybe even some physical poses. You'll leave with tools to find greater meaning and nourishment from your Yoga.

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Payments for workshops are non-refundable, but may be converted into credit (minus \$10 processing fee) if cancellation is made with a minimum of 48-hour notice.