

One Day Retreat: Classical Yoga (immersion day)

Sunday June 15, 2008
7:30am - 4:30pm

Tao & Zen of Yoga

The humorous and puzzling teachings of Taoism and Zen are first cousins to Yoga - but sometimes the methods of Yoga seem stolid and plodding compared to the dazzling wit, the fast, light touch, the economy of the teachings and the inscrutability of the master of these other disciplines.

If you know that legendary figure, the Grasshopper, you would recognise that his philosophy was born of a mix of Taoism and Zen. Who was the Grasshopper? Well, you are the Grasshopper, really - once you have learnt to pay attention. To what? Oh, then you really do have to learn to pay attention!!

A day spent exploring the wonderful action through non-action philosophy of the Tao Te Ching, and selected Zen moments, and their relevance to you in Yoga and in life.

Plus

Asana

Try a more purposeful way of "doing" asana - where asana is experienced. Doing by non-doing, ie leaving the ego out of it.

Still-mind meditation

The most essential tool of any transformative practice, whether it is Taoism, Buddhism, Zen, Yoga, Sufiism, Kabbala - and anciently, of Christianity, too.

The day will be led by Sri Jani, Principal of the College, and Ma Sally Dawson, Yoga and Meditation Teacher, and Supervisor of Asana & Anatomy.

Fee

\$135 includes complimentary breakfast, BYO lunch

Contact

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Location

Australian College of Classical Yoga
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