

Instructors

All instructors for *Transitions: The Yoga of Death and Dying* have experience being present with those making the transition from life into death, whether through direct care professionally or personally with family and loved ones. They bring a wealth of teaching experience from a wide range of Yoga, movement and related topics. Please see our website for additional complete biographies.

Mary Somers, RN

Johndennis Govert Roshi

Tony Redhouse

Priscilla Potter, E-RYT 500

Ashley Leal, E-RYT 200

Serena Gabriel and The Blue Lotus
Musical Ensemble



Transitions

Yoga for Death and Dying

We all want a good death, but how does one prepare for that? And then what lies beyond? This seminar will focus on aspects Yoga practice and philosophy as they relate to death and dying. Join us for the premiere presentation of the Yoga Connection's *Transitions: Yoga for Death and Dying*, offered at special rates to help serve our entire yoga community.

A limited number of scholarships are available—please contact Program Coordinator for details or email transitions@yogaconnection.org.

Registration

Workshops may be booked online, by calling the studio, via email or filling out the enclosed form and bringing it into the studio.



the **YOGA** Connection

3929 E Pima | www.yogaconnection.org
520.323.1222 | yoga@yogaconnection.org

Tucson's only nonprofit yoga organization,
dedicated to serving the community since 1987.

Transitions

The Yoga of Death and Dying

November 10 & 11, 2012



the **YOGA** Connection

Saturday, November 10, 2012

End of Life Yoga: Caring for Yourself and Others

With Mary Somers

Saturday, November 10, 11am-1pm

Join us for this very special presentation, open to all, but especially geared toward those in hospice, family members, caregivers, and yoga instructors. In end-of-life care, there is often confusion, anxiety and fear. Explore how the gentle practice of yoga, yoga philosophy, meditation, and breathwork can reduce anxiety and depression and also ease pain for anyone involved in the process of dying. There will be time to ask questions and enjoy the practice of yoga. \$15 (\$20)*

Death, Dying and Rebirth

With Johndennis Govert Roshi

Saturday, November 10, 1:30-4pm

Death, the inevitable event, the frightening prospect, the most culturally ignored topic is nonetheless the most opportune moment for a yogi. We will explore the inner stages in the death and dying process and the series of conscious states or bardos that arise and dissolve one after another. We will investigate the stages and descriptions of reincarnation as presented in the *Bardo Thodol, The Tibetan Book of the Dead*, emphasizing the yogas for skillfully directing more positive outcomes which include realizing enlightenment. \$20 (\$25)*

Transitions in Life and Death

With Tony Redhouse

Saturday, November 10, 4:30-6pm

In Native American Tradition, the "Circle of Life" represents our Earthly Path through each Transition from Birth to Death. You will be gently guided by Tony's live meditative music to that sacred space within your intuition. In this safe place of "hibernation" you can become aware, make peace with and release all that limits you from being completely joyful and free in this present moment! Dress comfortably for gentle Yoga asana and free-style movement. A Native American Talking Circle will allow participants to share insights, revelations and treasures they have received during this session. \$15 (\$20)*

SPECIAL: Attend all 5 paid events for \$70 (\$85)*.

***early registration discount ends on 11/6**

Please see insert for pricing and registration information

Sunday, November 11, 2012

Green Tara Healing Meditation

With Johndennis Govert Roshi

Sunday, November 11, 9-9:45am

Green Tara Healing Meditation is a way to open ones heart and mind in compassion with the intent of benefiting all beings. In so doing, it removes our own obstacles and creates a positive mind state. We then carry that mind state with us, out of our meditation and into our lives. Join us in this practice of generating healing energy for ourselves and for all sentient beings. By Love Offering

Transitions: The Yoga of Sleep and Dreams

With Priscilla Potter and Johndennis Govert Roshi

Sunday, November 11, 10am-12:30pm

Dreams offer everyone the ability to explore the inner realms. They provide a roadmap to the inner machinations of the mind and open a doorway to the same realms or bardos we move through when the physical body dies. For this reason, yogis call sleep "the little death." Through simple techniques, you can have greater dream recall, gain awareness within the dream state, benefit your meditation, gain comfort and understanding of out-of-the-body experiences and prepare to leave your body consciously. \$20 (\$25)*

A Blessing for the Departed

With Priscilla Potter, Johndennis Govert Roshi and Ashley Leal

Sunday, November 11, 1-2:30 pm

Using mantra, affirmation and centering, we offer our prayers and meditations for the well-being of those who have gone before. We offer our heart-felt mantra to those in the process of transitioning. We offer our intentions and affirmations that all beings may be blessed and find that which they need. By Love Offering

Journey of the Soul

With Serena Gabriel and The Blue Lotus Musical Ensemble

Sunday, November 11, 3-4:30pm

Celebrate all the beauty that permeates each stage of life through this synesthetic experience that will honor the life cycles and all those who have come before us. Enter a world of play, where we will explore our senses, connect with spirit essence and the divine light within. Come ready to move and make music, be guided into visualization, and journey to your soul. \$10 (\$15)*