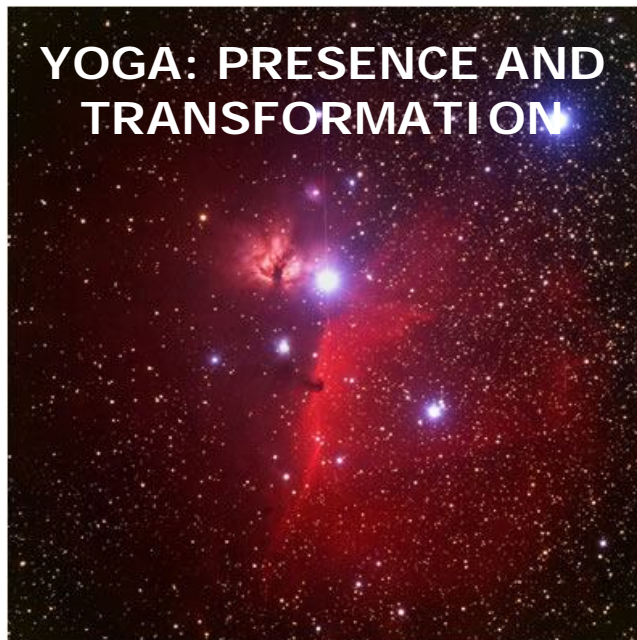




Bodhi Yoga
Presents



**An advanced yoga foundation in self enquiry,
courage and awareness**

Your own divinity is as intangible as the rainbow and as dazzling, as beautiful and as arresting. Just as the rainbow has no substance and is visible only under certain conditions, in the same way you cannot always see your own divinity.

At the first glimpse of this rainbow, you may suddenly discover a longing that is different from all your other physical and emotional needs - the need to define your relationship to the universe beyond your daily experiences. Looking at distant planets and stars, you may realise the immensity of space and be overcome by this vastness.

...when you become aware (...) You have set spiritual activity in motion - spiritual activity beyond sexual love, beyond physical life, beyond mind. You can see the emptiness of everything that you are usually so busy with. Your relationship to the cosmos becomes the driving force and a source of energy.

Purification is needed for this power to be used for your own benefit and for the benefit of others. It is your own sincerity that protects you. Be quite clear. The responsibility is awesome.

We'll use Swami Sivananda Radha's book: *Kundalini - Yoga for the West* as the starting point for investigation into ourselves, our relationship with the world and with the elements.

Yoga & meditation practices will include elements drawn from various traditions.

The course is suitable for those *with experience of yoga* and will require commitment including home practice and regular meditation. If you want, it can also include assignments and reading. So if you think you want to work at that level, can self motivate, and are interested, then let me know soon. Places are limited.

7 monthly meetings (on Sunday afternoons) and the possibility of a weekend retreat. 2010: 17th Oct, 21st Nov and 5th Dec. 2011: 30 Jan, 20 Feb, 27th March and 17th April.

The cost is a very reasonable £260 (not including weekend retreat).

Time: 2.15pm -5.45pm

Venue: Ealing Friends' (Quaker) Meeting House. 17, Woodville Road, Ealing, London. W5. Very close to Ealing Broadway Station

To express interest, & reserve your place, contact:

bram@bodhi-yoga.co.uk

To book go to www.bookwhen.com/bodhi-yoga

Bram Williams is an experienced yoga teacher whose own daily yoga practice has evolved over the years into a subtle, meditative approach to asana (yoga posture) with a large emphasis on pranayama (breath control) as a lead into seated meditation.

Studying in mindfulness, and both Shamatha and Vipassana meditation at SRSG in Northern India means he's fortunate to have contact with his teacher there, as well as studying with teachers from the Himalayan Institute in America. He recently attended training retreats in Kum Nye at Ratna Ling in California.

Having trained in many styles and forms of yoga, Bram's teaching approach is *flexible and adaptable* to the needs of a particular group (or individual). The emphasis of his teaching vocabulary stresses awareness. The practitioner is directed to the 'sensation' of the posture or the 'sense' of the meditation, rather than on a body aesthetic or idealised end result.

PRESENCE AND TRANSFORMATION SUGGESTED OUTLINE:

Each session will consist of asana, pranayama, meditation and guided reflections.

Day 1:

Course introduction.

What is the subtle body? What is Hatha Yoga? Outline of Yogic Path.

Awareness of energy. Meditation on sensations. Connecting to the ground.

Stability and reflections on the base chakra.

Day 2

Continuing: the Principle of the subtle body. Ease and flow in movement and posture. Effortless Movement. Reflections on energy in the lower abdomen.

Day 3

Awareness, prana, breath and body. Breathing meditation. The subtle breath. *Klesha and Kriya*, the practice of Purification. Releasing and freeing the natural breathing pattern. Reflections on the abdominal centre.

Day 4

What is Pranayama? The yogic purpose of holding the breath.

Developing retention with 'Open Hold' in *Ujjayi Samavritti*.

Day 5

Pranayama continued. Wisdom and compassion: opening the heart space.

Reflections on interconnectedness.

Day 6

Putting it all together I: expressing yoga. Qualities needed for Mudra.

Pranayama continued. Reflections on the throat chakra.

Day 7

Putting it all together II: Uniting the sun and the moon. Balance and equilibrium. Reflections & self image. *Shtirasukhamasanam*, or 'bliss-emptiness in posture'.