

Archetypes & Self-Empowerment

WITH ADVANCED YOGA STUDIES PROGRAM

The Program:

Explore the various emanations of the Goddess Shakti and Lord Shiva along with other representations of the Divine in this extensive exploration into metaphor, archetype, story-telling, asana, meditation, and vinyasa flow yoga. This program is a self-improvement/empowerment program designed to awaken the spiritual being having a human experience that teach how to be yoga rather than practice yoga. Jenny considers herself a yoga activist for the betterment of yoga as a way of life and finished her graduate work in Transpersonal Psychology specializing in Health and Wellness. Through movement, breath, and transpersonal practice, we will learn how to find bliss and release fear. To see the change we must be the change.

Lidieth Macicek will co-teach this year in the asana study portion of the program and help the participants breakthrough obstacles by learning how to be present with each pose, letting determination lead one toward liberation. Each pose can be explored and revered through understandings in the physical body. As the mind opens and heart expands, all fears and illusions begin to melt way, and the human body develops into a temple for your spirit to reside.

The Curriculum:

History of Yoga and Spirituality

Shakti/Shiva Studies

Archetypes and Myth

Bhagavad Gita study

Asana Study: Hatha, Kriya, Ashtanga, and Tantra

Anatomy/Physiology: an in depth look at the human body

Emotional Health and Well-being

Asana Study: Vinyasa Sequencing part I

Pranayama

Energy Anatomy: Chakras & Chanting, Vibration & Sound Studies

Asana Study: Vinyasa Sequencing part II

Energy Anatomy: Healing and Meditation, Guided Visualizations

Asana Study: Power Vinyasa Sequencing

Asana Corrections and Alignment/Assisting - Preventing injuries and getting the most out of our practice.

Ayurveda/Nutrition and Energy Medicine

Neuro Linguistic Programming (NLP)

Energy Anatomy: Quantum Theory and Applications; Applied Kinesiology

Energy Anatomy: Therapeutic Touch and Hands on Healing Techniques

Community Building and Activism

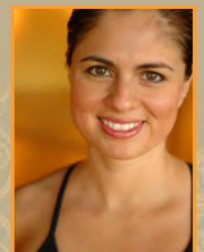
Writing a Covenant, and fun, creative projects

Discussion on Living Sustainability, Ethics and Codes of Conduct as a human being on Earth

"Together we can raise the vibrations of the planet by working through our own issues to free the body of negative thought patterns and emotions so that the element of grace can channel through us. Grace is a vibration where we experience when have connected so deeply inside our own hearts and the hearts of others that it begins to flow in everything that we do. It is Shakti. The law of vibration states that as each of us participate intranscending into greatness by raising our own vibrations, we can transcend those around us by lifting their vibrations to a higher state as well. With very deep breath and mindful flow into a posture, and every step we takeforward with the intent to grow and evolve in the awareness process, we begin to emanate a loving energy that exponentially and holographically reaches out across the planet, and possibly beyond. It is and will always be about people coming together for a greater good. Yoga is for everyone and it's time to be the change and be yoga." ~Jenny Buergermeister



Jenny Buergermeister



Lidieth Macicek

For more information go to inner-realms.com or jennyyoga.com

“BEYOND CHANGE, YOU MUST ALSO BE THE LOVE AND INSPIRATION YOU WISH TO SEE IN THE WORLD.”