

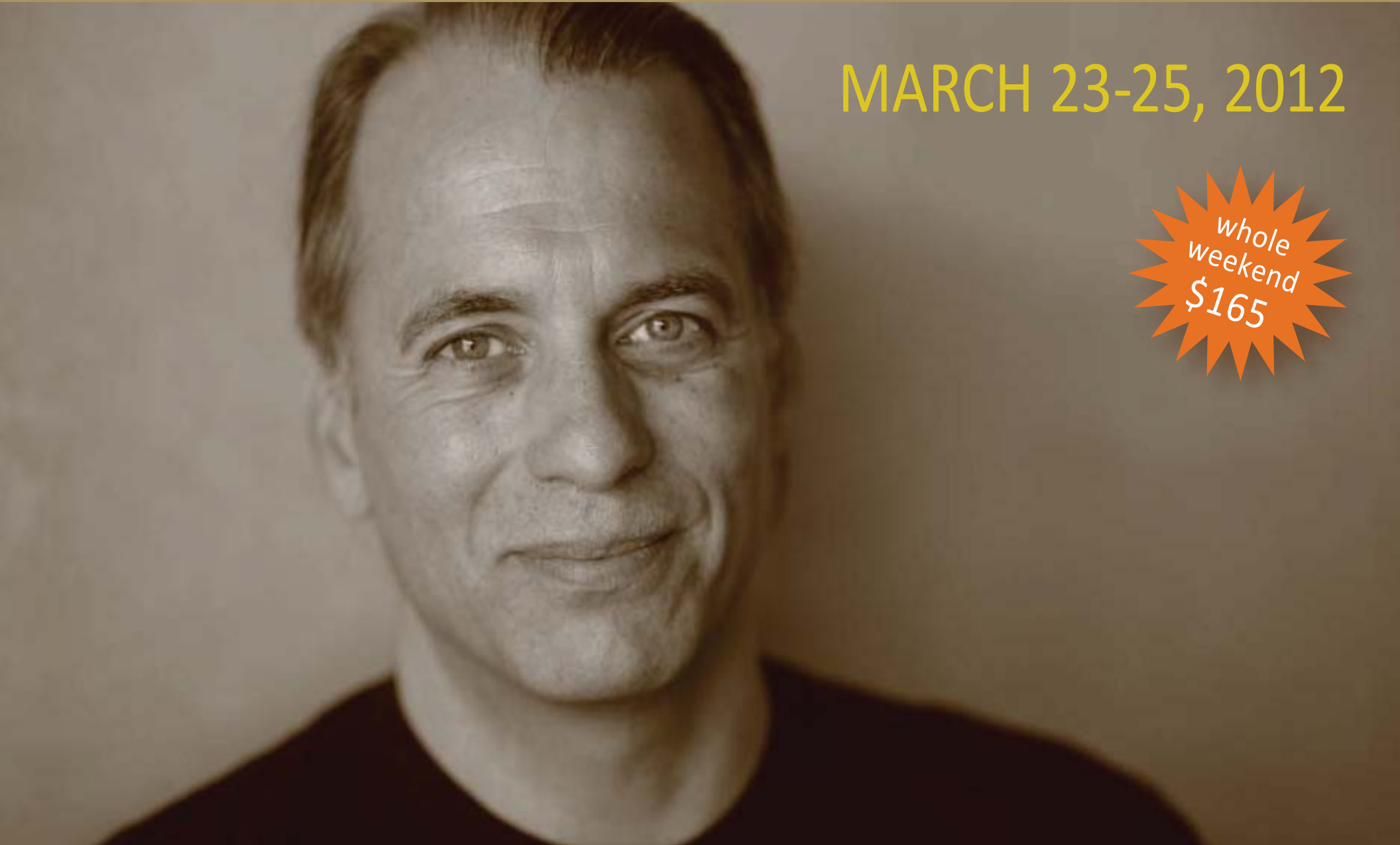
DOUGLAS BROOKS

YOGA PHILOSOPHY + ASANA WEEKEND | AUSTIN, TEXAS



MARCH 23-25, 2012

whole weekend \$165



The Weekend Workshop

schedule

FRIDAY
6:30-9p

The Heart of Tantra: Living Teachings for Practice

Awakening our minds and penetrating the depths of our hearts, Tantra invites us to find within ourselves the power and beauty of the divine as our own experience. In this seminar we will introduce key Tantric teachings and link them to their expression in Tantric practice. We will consider essential concepts, trace them in history, and look carefully at their interpretation in the traditions of lineage. These subtle teachings and practices will be integrated, explained, and made a practical feature of yoga as we experience it today.

SATURDAY
10-1p and
3-5:30pm

Sapta Tandava: The Seven Dances of Nataraja

In this two day seminar we'll learn the rich mythology, iconography, and deeply encoded meanings of Shiva, Lord of Dance as we explore the Sapta Tandava and the Dvi Lasya of the goddess Shivakami. We'll learn meditations founded on each of the dances and cultivate further the exquisite awareness that emerges as we apply these teachings and practices to our everyday lives.

SUNDAY
10-1p

No previous familiarity or practice is expected or required. You need only bring a rich sense of curiosity, a willingness to learn, and a desire in your heart to plumb more deeply the depths of yoga's possibilities.

Special Asana Classes

Join Libby Dembe and Mandy Eubanks for special themed asana practices before the lectures on Saturday and Sunday.

SAT 8-9:30a w/Libby
SUN 8-9:30a w/Mandy

\$15 one day
\$30 both days

Weekend Pricing

FRIDAY ONLY \$50
FULL WEEKEND \$165*

Friday session can be taken alone, Sat/Sun sessions cannot.

*Asana classes not included

space is limited. sign up in advance. sign up online: castlehillfitness.com questions? contact Amy Rogers at amy@castlehillfitness.com



Douglas Brooks is a scholar of Hinduism, south Asian languages, and the comparative study of religions. He lived in India with his teacher, Dr. Gopala Aiyar Sundaramoorthy, for many years studying and practicing Srividya, Auspicious Wisdom, and the modern traditions of goddess-centered Tantra. Currently Professor of Religion at the University of Rochester, he holds both Masters and his doctoral degrees from Harvard University. This will be Dr. Brooks first Austin appearance in 10 years. Sign up in advance.