

TANTRIC YOGA



Lectures with LIBBY DEMBE, E-RYT500

Just
\$25



INTRO TO TANTRA

SUNDAY, JANUARY 29th | 2-4:30PM

This conversation will cover basic principles of Tantric stories, texts, philosophy and practices. The word "tantra" in its basic form means to weave or to weave together. This course will introduce ways you can weave this life-affirming system into your daily life. Tantra teaches its practitioners to meditate with eyes open: to look again at the ordinary world in an extraordinary way, to recognize that your own life experiences can be your greatest teacher. The seat of the teacher will move in this class: come prepared to ask the tough questions and to tell your own story as a means to inspire others.

PATANJALI'S YOGA SUTRA

SUNDAY, MARCH 4th | 2-4:30PM

One of the most highly referenced and influential texts in modern yoga practice, the Yoga Sutra of Patanjali describes a tried and true practice of classical hatha yoga. This course will provide an outline of the basic concepts within Patanjali's yoga system, and will seat the Sutras in the context of yogic history by introducing concepts from commonly referenced sutras.

BHAGAVAD GITA

SUNDAY, APRIL 8th | 2-4:30PM

The Bhagavad Gita, according to Dr. Douglas Brooks, is the text--the door--through which all major yoga philosophy systems must pass. The "Gita" is a narrative that provides a rich contemplation of how yoga can help us to live well in the world. This class will describe the history, story and concepts within the Gita and illustrate ways to incorporate this knowledge into daily life.

details

each event held Sundays 2-4:30pm in the Studio.

space is limited, sign up online at: www.castlehillfitness.com

pricing

ONE SUNDAY
workshop

\$25

ALL 3
workshops

\$60

Libby Dembe, E-RYT 500, is an artist and a dancer whose love for human form brought her to yoga practice in 2000. An avid student with 8 years of teaching experience, Libby offers classes for all levels in the Austin area and leads yoga teacher training programs in Austin and abroad. Students in her classes will learn to embody philosophies and practices that nourish creativity, community, and resilience. www.libbyyoga.com