

Ashaya Yoga: Align with the Divine *Yoga for Body, Mind, and Heart*

Portland, ME, January 12-14 2024
Good Medicine Collective
231 York Street, Portland, ME 04102

*Plus: **FREE BONUS YOGA NIDRA CLASS:** Yoga for Self-Nourishment
with Full Weekend Registration (free audio recording of Yoga Nidra included)*

Human beings are the most miraculous and complex creations on the planet. Yet we often forget our vast divine heritage. Our patterns of self-limiting beliefs can get us stuck in our smallness, stop us from living fully or truly enjoying life.

Join master yogi, founder, and internationally acclaimed teacher, Todd Norian, as he guides you step-by-step into the heart of the practice. Take a deep dive into the life-affirming philosophy and practices that integrate body, mind, and heart, and reconnect you with your highest self.

During this workshop, you will

- Align your body, mind, and heart with the five elements (earth, water, fire, air, and sky) using The Four Essentials™ of Ashaya Yoga
- Explore the empowering and spiritually uplifting philosophy of Nondual Tantra
- Quiet the mind and cultivate inner peace through meditation, relaxation, and Yoga Nidra
- Receive hands-on adjustments to improve your alignment and go deeper
- Build inner strength, balance, and flexibility with alignment-based, therapeutic asana
- Enjoy Todd's music and chanting of mantras and invocations throughout the weekend
- Practice alongside a supportive community of other heart followers who are ready and eager to be in the full richness of life.

By the end of the weekend, you'll have a renewed sense of your divine self and the enthusiasm to shine your light out into the world.

Space is limited. Register early to reserve your spot!

Recommended reading: *Todd Norian, Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir; Ashaya Yoga: Align Your Body, Awaken Your Heart Manual; Introduction to Ashaya Yoga Therapy Manual*

Schedule:

Friday 7-9 p.m. Open Sky: Bask in Your Vastness

Gentle Asana, Restorative, Mantra Chanting, Meditation

Open the sky element. *Akasha*, Sanskrit for *space* or *sky*, is the highest and most subtle of the five elements. We live within this vast and unbounded freedom of the sky that is filled with all possibilities. Practice includes gentle stretches, restorative yoga, mantra chanting, meditation, and a deep guided relaxation.

Saturday 10-1230 p.m. Engage Earth: Become Grounded in Who You Are

Ground yourself in the earth element. *Prithvi*, Sanskrit for *earth*, is the most solid and limited of the five elements. Ground yourself in the reality of who you are. Practice includes warmups, standing poses, balancing poses, core strengtheners, backbends, and relaxation.

Saturday, 2-430 p.m. Align Water and Fire: Flow with What You Truly Desire

Align the water and fire elements. *Ap*, Sanskrit for *water*, and *Agni*, Sanskrit for *fire*, interweave to form a powerful braid of acceptance, constant practice, and transformation. Water flows around obstacles and returns to source. Fire boils the water, heats and purifies the body, and represents our longing for freedom. Practice includes hip openers, core strengtheners, leg stretches, forward bends, twists, and a deeply watery, floating relaxation.

Sunday 900-1130 a.m. Expand into Fullness: Breathe Your Dreams into Reality

Expand your air element. *Vayu*, Sanskrit for *air*, is your capacity to expand beyond previously held limits and to let go of what no longer serves you. Expand your reach and envision the world you wish to create. You deserve the very best. Practice includes up-tempo warmups, standing poses, core work, hip openers, backbends, twists, and a deep relaxation to integrate all five elements.

Sunday 1230-230 p.m. FREE BONUS YOGA NIDRA CLASS WITH WEEKEND PURCHASE!!! Yoga for Self-Nourishment: Rejuvenate, Restore, Relax, Go Deeper (Includes Free Audio Recording of the Yoga Nidra with access for 30 Days.)

You deserve to nourish yourself, to let go, and return to your natural state of relaxed calmness. Designed to give your nervous system a break from the stress of daily life, you'll practice soothing poses and restorative yoga culminating in *Yoga Nidra (yogic sleep)* that puts you into a profound state of deep relaxation. Leave feeling well-nourished, refreshed, and re-inspired to shine your light out into the world.

CEU's available for every session. 11.5 hours for the full weekend!

Pricing:

Weekend Workshop: \$250. Early Bird \$225 if paid in full by December 22, 2023

- *Free Bonus Class and Yoga Nidra Audio Recording on Sun. 1230-230 p.m. with Purchase of the Weekend Workshop!*

No Refunds.

Space is limited. Register early.

<https://goodmedicinecollective.org/>