



Fall In Love with Yourself Again: Remember to Surrender
with internationally acclaimed yoga teacher, author, musician, and founder of Ashaya Yoga,
Todd Norian

October 18-20, 2024

Be Well Community Yoga Studio, Canaan, CT

The essence of yoga is about learning how to fall in love with yourself again!

Due to our negative conditioning, we fall out of love with ourselves sometimes without even knowing it. Every time we judge, doubt, shame, or criticize ourselves, we obstruct the flow of love, which hurts our heart. Comparing ourselves to others always steals our joy because in comparison, we always put ourselves down.

What's a yogi to do? How can we learn to love ourselves again? How can we let go of what's in the way to experience the *Ananda* (bliss) of our true nature? Love and belonging are encoded in our DNA. It's our birthright. We all deserve to be loved, adored, and connected.

This being post-covid, it's natural to feel as though we've lost a piece of ourselves. Perhaps the dream we once had is no longer valid. We seem to be searching for how to reconnect with ourselves, each other, and life.

Join master yogi, founder, musician, and internationally acclaimed teacher, Todd Norian, as he guides you step-by-step into the life-affirming philosophy and practices to create a loving and safe environment for you to fall in love with yourself and with life again.

During this workshop, you'll

- Expand your capacity to open your heart, surrender, and release what's in the way of love
- Explore the empowering and radically uplifting philosophy of Nondual Tantra on Self-Love
- Quiet the mind and cultivate inner peace through meditation, pranayama, chanting, and relaxation
- Build inner strength, balance, and flexibility with alignment-based Ashaya Yoga
- Receive hands-on adjustments to improve your alignment and go deeper
- 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 fall in love with themselves and with life again.

By the end of the weekend, you'll have a renewed sense of how to allow more love to flow in your life and the enthusiasm to bring more love and light out into the world.

Ashaya Yoga is an accessible, therapeutic, and safe practice for all levels of beginners to advanced yogis. Modifications are given and you're encouraged to go at your own pace.

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. Remember to Surrender: The Acceptance of What Is

The Tantric definition of surrender is our ability to accept what is as it is. This is never easy as most of us live in the "full catastrophe" of life. Yet yoga, as the practice of self-love, helps us love our body, mind, and heart just as we are. It's the practice of bringing more acceptance and compassion for all of our struggles and to see the deeper intention which is always sourced in goodness. During this session, you'll explore how to let go of the negative conditioning that gets in your way and bring a deeper acceptance to every part of you, both shadow and light. Practice includes gentle stretches, partner work, a restorative pose, mantra chanting, meditation, journal writing, and group sharing.

Saturday 10 a.m. to 1230 p.m. Creating Healthy Self-Boundaries: Putting Yourself First

The highest Tantric teachings tell us to put ourselves first. This is not a selfish act at all. It's learning how to honor and prioritize ourselves and our needs as a sacred commitment to our own wellbeing. Normally we wear ourselves out taking care of everyone else's needs while ignoring our own. When we are well-nourished, we will naturally be able to give more to others and stay centered so as not to over-give or deplete our reserves. *Svatantrya* (freedom) is the yoga of practicing healthy-self boundaries to maintain and deepen your own freedom and joy in life. Practice includes standing poses, hip openers, core-strengtheners, backbends, twists, partner work, journal writing, and a deep relaxation.

Saturday 2-430 p.m. Listen to the Call of Your Heart: Self-Love Born of Stillness

Profound self-love is born of stillness. To get to that stillness we must quiet the mind. Tantra yoga only asks three questions: "*What does my heart most deeply desire? What value is that to me? And what am I prepared to do about it?*" The heart screams what it needs through a faint whisper, and in order to hear your own heart, you have to become still. The mind, in its desperate attempt to find answers, often gets in the way and obscures the call of the heart. Practice includes hip openers, leg stretches, twists, chanting, pranayama, meditation, journal writing, and a deep guided Yoga Nidra healing journey.

Sun. 10-1 p.m. Self-Love through Healing Sciatica and Other Hip, Pelvis, and Lower Back Dysfunctions:

Every cell in the body is pre-programmed for healing and joy. Unfortunately, due to unconscious patterns of movement and self-limiting beliefs, we're not able to fully access this power. When you are in pain, it's very difficult to be pleasant and loving toward others, let alone toward yourself. Caring for your body and providing relief from pain or discomfort is one of the most beautiful ways to love yourself.

During this session, you'll

- Discover your body's optimal blueprint for radiant health
- Learn how to heal and prevent common injuries through The Four Alignment Essentials™ of Ashaya Yoga
- Address specific dysfunctions of the hips, pelvis, and lower back, including, sciatica, bulging discs, piriformis syndrome, SI joint dysfunction, tight psoas muscle, and more.

You'll leave with tools, exercises, and the knowledge to free yourself of hip and lower back pain as a way to love yourself. You deserve to be pain free! Practice includes standing poses, hip openers, core-strengtheners, backbends, twists, partner work, deep relaxation, journal writing, and group sharing.

CEU's available for every session. 10 hours for the full weekend!

Pricing:

Weekend Workshop: \$270. Early Bird \$245 if paid in full by Sept. 27th

No Refunds.

Space is limited. Register early to reserve your spot!