



Tantra Yoga of Radical Affirmation

Awaken Your Radiant Heart, Peaceful Mind, and Vibrant Body!

with internationally acclaimed yoga teacher, author, musician, and founder of Ashaya Yoga,

Todd Norian

September 6-8, 2024

Aloha Keene Yoga Studio, Keene, NH

When your heart is open, your mind peaceful, and your body aligned, you experience a direct connection to the infinite universal energy of goodness. The veils of conditioning and negativity that naturally get in the way begin to lift and you tap into a higher vibration of stillness and joy, *Ananda* (bliss).

In this ecstatic state, you have a direct experience of the power of radical affirmation. Suddenly, life is good. You feel at ease and that life has your back. You can relax and stop trying so hard.

Ultimately, we want to come to the recognition that everything in life is for our awakening.

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 radiant heart, peaceful mind, and vibrant body.

During this workshop, you will

- Expand your capacity to open your heart and release what's in the way
- Explore the empowering and radically uplifting philosophy of Nondual Tantra
- 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 learn how to create a radiant heart, peaceful mind, and vibrant body.

By the end of the weekend, you'll have a renewed sense of purpose and inner peace, and the enthusiasm to bring more joy 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 630-830 p.m. Yoga for a Radiant Heart: The heart is the center of love, acceptance, and compassion. But when we feel afraid or overwhelmed, the heart shuts down. We protect our vulnerability by raising our “shield” which keeps our radiance and aliveness in check. During this session, by opening to the bigger energy, you’ll learn how to let go and lower your shield. Release the rough edges around your heart and allow grace to flow through you again. 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. Yoga for a Vibrant Body: The body is a conduit of spiritual vibration, but it’s often blocked through misalignment, tension, and self-limiting beliefs. During this session, you’ll discover the midline – the place in the middle, where all opposites unite and polarities merge to increase your vibratory rate. Use the concept of magnetism and electricity to invigorate, restore, and heal your most precious resource – your body. Practice includes standing poses, hip openers, core-strengtheners, backbends, twists, partner work, journal writing, and a deep relaxation.

Saturday 2-430 p.m. Yoga for a Peaceful Mind: We all long for inner peace – a state of mind where we let go of the “fight” and release trying to control or fix anything or anyone. Cultivate the most powerful tool of consciousness you have – your mind. Learn how to quiet your thoughts and steep in the essence of the universe deep inside your heart. Practice includes hip openers, leg stretches, twists, chanting, pranayama, meditation, and a deep guided Yoga Nidra healing journey.

Sunday 10 a.m - 1 p.m. Yoga for a Bright Spirit: The ultimate affirmation is the realization of your true nature which is unbounded freedom and joy (Ananda). When your inner critic and all other doubting voices quiet down, your bright spirit will begin to shine the light of hope, inner strength, and healing, calling you to live your dream and bring more joy into the world. Practice includes up-tempo warmups, standing poses, core work, hip openers, backbends, twists, a deep relaxation, journal writing, and group sharing to integrate your insights from the weekend.

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

Pricing:

Weekend Workshop: \$290. Early Bird \$265 if paid in full by August 16th.

No Refunds.

Space is limited. Register early to reserve your spot!