

Teachers development Woodgate Beach Qld Retreat theme and program outline

Year 2020: Friday 28 August 4.30pm – Tuesday 1 September 11.30am

The relationship between spiritual wisdom and energy (prajna and prana):

understanding alignment as a technique within Iyengar Yoga

“Where mind goes energy goes” is a simple way to start inquiry into the role of alignment within asana -which is fundamental to alignment of the koshas. Often as practitioners of hatha yoga, we are in doer-ship mode and the personality mind, considers itself to be driving the practice. There is, beneath the effort, a lot at stake emotionally .. the need to do well, to achieve and so on. Whereas there is a wisdom, a force, available at all times that is experienced as an arising of ease/a potency of calm. We re-pose, we align, we work relational forces, we balance.. there are many terms and phrases, none of which are entirely representative of the feeling. Essentially, we set an intention: practice is what we undertake to remove that which obstructs the arising of wisdom.

The retreat includes sessions on the deconstruction of asana: a process of identifying where weight is distributed in the pose (relationship of the pose to gravity) and where bodies either slip (movement coming quickly) or are stuck and the affect these conditions have on a practitioner’s experience of support and space.

Program for sessions – over view

Friday	restorative and pranayama class	4.30 – 6.30pm
Saturday	sunrise meditation on the beach	5.30 – 6.00am
	asana – led practice	8.00 – 9.30am
	workshop practical and theory	10.00 – 1.00pm
	restorative class	3.30 – 5.30pm
	sunset meditation	5.30 – 6.00pm
	Sunday	sunrise meditation on the beach
	asana class	9.00 – 11.00am
	sutra study – beach side location	3.30 – 5.30pm
	Monday	sunrise meditation on the beach
	asana led practice	8.00 – 9.30am
	workshop practical and theory	10.00 – 12.00pm
	restorative class	3.30 – 5.30pm
	sunset meditation	5.30 – 6.00am
Tuesday	sunrise meditation on the beach	5.30 – 6.00am
	asana class	8.00 – 10.00am
	Q and A and close	10.30 – 11.30am

Teaching exercises will apply key words and instructional phrases, identified in the deconstruction of asana activities, and there will be opportunity to develop the craft of **timing and accuracy of instruction**.

Instruction that is a shopping list of points can build a shape, but often this type of teaching will block energy in a body.

There are also a number of restorative and active classes included in the program to deepen understanding.