

## Teachers and experienced students Woodgate Beach Qld Retreat theme and program outline

Year 2020: Monday 9 November 8.30am to Sunday 15 November 11.00am

### *Yoga in the darkness: the relevance of the margas to the modern-day yogi* *The key teachings of the Bhagavad Gita*

In the modern world, in a dark room, we 'naturally' turn on a light. Yet before lights were so readily available, we would get our eyes accustomed to the darkness. We learnt to adjust our vision. What is a practice when we have intention of 'getting our eyes accustomed' to the darkness? A practice of using an inner light to find our way?

In our modern world of yoga are we *staring at a bright light*? A process that actually blinds us more completely than darkness ever could.

The Yoga Marga, is the path that twines the head, the heart and the hand. We develop and refine our intellect to set intention; holding a lens of 'competence in action', we learn to surrender the fruits of our actions: practice becomes devotional, though not to performance or perfection, but rather to the skill of entering the power of our own presence. When we are present, we can be of Service. The yoga of action, naturally aligns us with a life of purpose. **Purpose pertains to situation, and situation is specific to time and place.** This is key to ethical practice. Practice must have relevance within situation. Arjuna on the battlefield of life learnt that we are never exempt from action. It is the imperative of our existence. How did Arjuna make peace within himself during battle?

The program will commence on Monday morning with a 3-hour asana session – other days this will be a 2-hour session. The following days will start with silent meditation on the beach at sunrise (6.00- 6.30am) a light beach side breakfast, some personal reflection time and then asana class at 9.30 – 11.30am. We will share lunch, again move away for personal reflection time, and return in the afternoon, some days for an hour of discussion, and then restorative practice, or return a little later and move straight into pranayama. Practice will close as the sun begins to set. Our studio faces west so we complete practice and then sit for sunset meditation (5.00 – 5.30pm). A light meal is shared before close of day at 7.00pm

*This week of retreat interlinks with the 35 hour retreat earlier in the year (July 13 – 19) that holds the theme "Understanding the koshas in Iyengar Yoga: Asana as a practice of studying ourselves within situations" and the teacher development 25 hour retreat (28 August – September 1) with the theme "The relationship between attention and energy (prajna and prana): understanding alignment as a technique within Iyengar Yoga".*