

BLUE BANYAN YOGA PRESENTS

SAMADHI SADHANA

GO DEEP EACH MONTH

SATURDAY SADHANA WITH ISITRI OM KATI BRENNAN

JUNE 21st RAMAYANA

The Ramayana is one of two great epics in the Indian canon that illustrate the virtues of life lived on the yogic path. This month, we'll explore the story in class, and seek to instill its virtues in our practice: courage, heroism, and unwavering devotion.

JULY 18th

YOGA SUTRA I.33, and much more on the Yoga of Relationship

Even Patanjali, who seemed to advocate a lifestyle that largely renounced the stuff of the material impermanent world, acknowledges that the yoga practice starts with how we treat each other. We'll dissect the four instructions Patanjali offers us for our relationships in Yoga Sutra I.33, and also insights from other texts, so that our relationships can become our highest yoga practice.

AUGUST 16th SURRENDER AND SPIRITUAL ACTIVISM

Some schools of classical yoga seem to espouse a path of renunciation of all the drama in the world, while others advocate using your life to create positive change in the world. We'll explore both approaches as valid means toward eventual samadhi, and see what the Bhagavad Gita and Upanishads have to offer us as we find our own way.

SEPTEMBER 20th BEGINNER'S MIND

Even after weeks and years, and lifetimes and lifetimes, of practice, the real challenge is coming to our practice fresh, as if for the first time. In this intensive, we'll cultivate resources for keeping the practice new to you, and also look at staying more present, more aware of this moment, on your mat. These skills may even help you stay more present off the mat!

Your monthly opportunity to really dive a little deeper into your practice is here! Time will fly in this 3-hour intensive, broken into time for practice and study of:

- **pranayama**: breathing techniques to clear away energy blockages and imbalances
- **asana**: Yin and Vinyasa
- **yoga nidra**: Savasana squared!
- **dharana & dhyana**: concentration and meditation
- **mantra**: recitation of energy-packed sounds
- **jnana yoga**: study of sacred texts...

Isitri Om Kati Brennan teaches yoga in loving service to her guru, Sri Sri Sri Dharma Mittra, with whom she completed her advanced teacher training (500-hour). She now serves on the faculty of his teacher training, and by assisting him in workshops around the country. She is also Kripalu-certified yoga teacher, a pre-natal yoga teacher in the ISHTA tradition, a Yin teacher, Pilates instructor and Thai Yoga Massage therapist. She serves as Adjunct Professor of Yoga at Temple University. She believes a smile is the best mudra and laughter is the most auspicious mantra. Om Namah Shivaya!

\$35 pre-registration requested

You'll emerge blissed-out, deeply grounded, and ready to start your Saturday night!



**BLUE
BANYAN
YOGA**

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