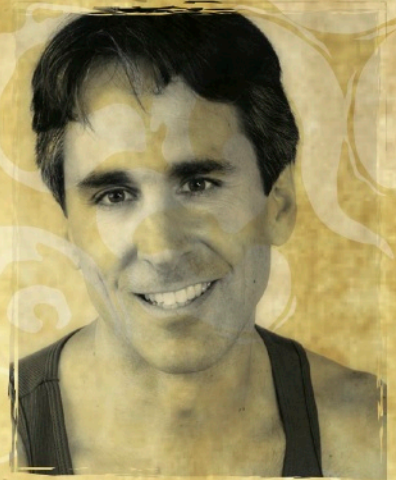


Yoga Mandiram

— presents —



Peter Sterios is an internationally recognized yoga instructor and former contributing editor for *Yoga Journal*. Though Peter resides in San Luis Obispo, this is Peter's *first and a very rare visit* to Yoga Mandiram and southern California to share his knowledge of and teach Yoga. His teaching reflects over 30 years of study and practice in the **US and India**. He lives and teaches in San Luis Obispo, California. His first yoga DVD "*Gravity & Grace*" was released in 2007, and recently honored by *Yoga Journal* as one of the "*Top 15 Yoga Videos of all time*". It is available at www.manduka.com. For more information about Peter's classes, visit www.petersterios.com.

Gravity And Grace

Creative Forces For Sustaining Self-practice

a Yoga Workshop w Peter Sterios

PROGRAM DESCRIPTION GENERAL (ALL LEVELS)

Hatha yoga is a tool for meeting resistance in our bodies and thoughts in a productive way. How one approaches the practice determines the quality yoga brings to our lives. Maintaining the practice and the quality yoga brings relies on experiences attainable only through self-practice.

During this program, experience how various types of resistance met during practice hold keys for re-discovering the creative force many lose as adulthood "takes hold". Physically, observe how the subtle external force of Gravity influences our practice through the power of surrender at the moment we meet resistance in the anatomical body. As this process becomes familiar, we gain more trust in our feeling "minds" (heart & belly) for guidance. This opens us to experience psychologically the subtle internal force of Grace, which appears as mental control is released, and replaced by inspiration to creatively meet resistance in the mind and emotions. This understanding helps us uncover our unique "inner teacher", cultivating a sustainable personal practice and the wisdom borne of our own experience.

Classes for the Weekend Workshop will be progressive (step-by-step) in nature and appropriate for all levels.

Students are welcome to attend individual sessions or the entire weekend workshop. Sessions are \$35 for Friday Evening or \$45 for Saturday or Sunday. Cost for entire workshop is \$115.

Register and Pay online at yogamandiram.com

Friday, January 29, 6-8:00 PM: Intro Lecture and short practice of Opening Sequences (guided).

Saturday, January 30, 2-5:00 PM: Dynamic Asana Practice (guided) with Closing Meditation and Discussion.

Sunday, January 31, 2-5:00 PM: Restorative Asana Practice (guided) with Closing Meditation and Discussion.



FRI. JAN 29

6:00-8:00PM

SAT JAN 30

1:00-4:00PM

SUN JAN 31

1:00-4:00PM

Contact Dennis Dean at 619-917.9642 for more information, or email Peter direct at peter@petersterios.com.
Yoga Mandiram • 2121 Newcastle Ave #E • Cardiff by the Sea, CA. 92007 • YogaMandiram.com