

YOGA *on the* *cosmic side*

A weekend seminar with **ARTHUR KILMURRAY**

Yoga and Awakening the Soul

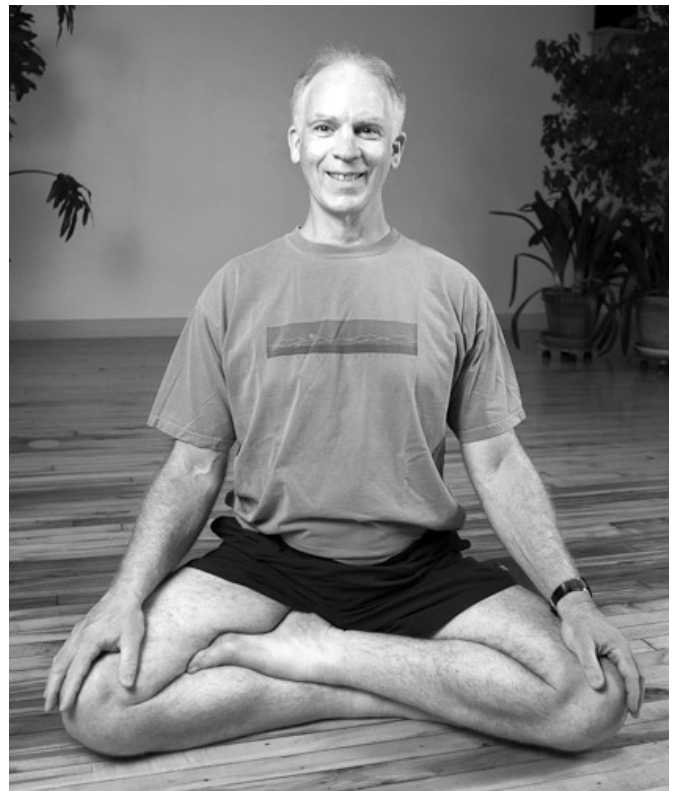
May 3-5, 2019 SATURDAY noon to 6 with tea break SUNDAY 9 to 5 with lunch break

When the body is alive, awake and in harmony with itself and the world around, the soul is free to give birth to all of its unique creativity and joy. Yoga is a powerful practice, but to awaken the soul, it must allow us to be authentic and unique. This inner freedom is the yogic journey.

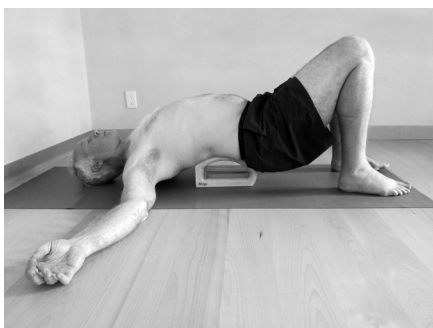
Arthur's classes are explorations in embodied spiritual consciousness, where stillness and vibrancy meet in aliveness and creative self expression. BKS Iyengar's support and inspiration gave him the confidence to journey into asana practice and discover the ultimate mystery that envelops, nurtures and informs us all. Swami Dayananda's brilliant teachings clarified Vedic spirituality. The fluid explorations of Emilie Conrad's Continuum and Bonnie Bainbridge Cohen's "Body-Mind Centering awakened the intelligence of his water molecules. Thomas Berry and Brian Swimme provided a Cosmic context for practice and teaching. His current passions informing his teaching are embodied embryology, Active Dreaming studies with Robert Moss. Please check out his web site, arthurkilmurray.com for more details his other influences and the broad scope of his teaching.

Open Sky Yoga, 7 Arnold Pk. (behind Zen Center)

\$250 for both days 15% discount for seniors, students and ETT graduates
yogawave@rochester.rr.com www.openskyyoga.com



Send your registration (check or charge) to: **Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607**



Name _____

Address _____

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Verification Code (three-digit number on back of card) _____ *Make check payable to: Open Sky Yoga.*