



# MOSCOW YOGA CENTER

525 S. MAIN MOSCOW, ID 208-883-8315



## The Value of Samyama A Yoga Workshop with Lynne Minton

FRIDAY, SATURDAY, SUNDAY  
OCTOBER 19<sup>TH</sup>, 20<sup>TH</sup>, 21<sup>ST</sup>, 2018



### WORKSHOP SCHEDULE

**FRIDAY OCT. 19th**

6:00 to 8:00 pm

Yoga sutras will have a Samyama theme throughout the weekend; Restorative yoga, Pranayama and meditation

**SATURDAY OCT. 20th**

10:00 am to 1:00 pm

Yoga sutras, Asana with a balance/core theme,

3:00 pm to 5:00 pm

Yoga sutras, Asana with inversion and forward bend theme, pranayama and meditation

**SUNDAY OCT. 21st**

10:00 am to 1:00 pm

Yoga sutras, Asana with backbend and twist theme, restorative finish

#### Cost

Register by Oct. 12th, \$175.00 for the entire workshop. After Oct. 12th \$185.00 for the entire workshop. \$22.00 per hour for partial workshop.

Lynne took her first yoga class while in college, in 1975. She enrolled in the Iyengar Yoga Institute of San Francisco's Teacher Training Program the summer of 1980. Encouraged by Donald Moyer, she attended her first yoga Intensive at the Ramamani Iyengar Memorial Yoga Institute in Pune, India in 1981. She was certified to teach yoga by BKS Iyengar in 1984. Lynne founded and directed the largest yoga center in Alaska for over 25 years. Lynne continues to study and be inspired by inner and outer teachers on and off the mat.

**Samyama is a term that implies a level of mastery over what we choose to bring the focus of our minds upon and the effects of such a focus.** Although it seems that the choices we have are infinite, the primary choice is always between what is of value and what is not. For a yogi, value is choosing that which brings about the transformation of mind from a divided, separate, chaotic state to a unified, peaceful and benevolent state.

Chitta prasadanam is one term for this benevolent state of mind. It requires awareness but it is not difficult. In fact when done with ease, the whole process is relaxing and enjoyable, and with practice and commitment leads to the profound state of adhyatama prasamdanam, manifestation of the light of divinity. Here fear and division melt away and we recognize our shared nature as indivisible mind and the ever extending spirit of love.

### REGISTRATION

This workshop is open to anyone with 3 months recent yoga experience. Please fill out the registration form and return it and your payment to the Moscow Yoga Center (525 S. Main, Moscow ID, 83843) by Oct. 12th, 2018 for early registration savings.

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is my payment for: (please check one)

☐ Early Registration by Oct. 12th, Entire workshop - \$175.00 ☐ Registration after Oct. 12th - \$185.00

☐ Partial - \$22.00 per hour • Please list times you will attend: \_\_\_\_\_

*Thank You. See you there!*

Moscow Yoga Center

525 S. Main Moscow, ID 83843 (208) 883-8315 [www.moscowyogacenter.com](http://www.moscowyogacenter.com)

