

"Insight Meditation and the Cultivation of the Heart"

The Dalai Lama says *"It is not about following the heart but about training the heart"*

A 2-week Tuesday Evening Series

with Isabel Fleury



Tuesdays, February 28 & March 7

6:45 pm to 8:45 pm

Tuition \$60 for the Series

Both sessions are recommended since this is a sequence

To register: yogacarmel@aol.com

All Levels of Students Welcome, no experience necessary

Presented by

Yoga Center of Carmel

How do you relate to the idea of cultivating the heart on the path of awakening?

This 2-week series will focus on cultivating a quality of loving presence that embraces our heart, mind and body with kindness and wisdom.

Love is our true nature, but it is often covered over by a protective layer of fear. We will work with heart practices as meditations and contemplations that come from the Buddhist tradition and heart opening asanas to cultivate loving-kindness in order to awaken the heart chakra supporting a more full and radiant presence.

Isabel Fleury is a licensed psychologist and an archetypal astrologer dedicated to the integration of body and mind through Yoga and awareness practices. In 2007 she came to California to study at Esalen Institute, Big Sur, where she still lives and studies with inspirational yoga and meditation teachers: Bernie Clark, Sarah Powers, Silvia Boorstein and James Baraz. Her style is greatly influenced by Yin Yoga and the Buddhist philosophy and practices.

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