

# Insight Meditation and Yin Yoga

with Isabel Fleury



presented by  
Yoga Center of Carmel

Tuesday, March 14 & March 21

6:30pm to 8:00pm

Suggested Donation \$20 per session

All Level of Students Welcome

No pre-registration. Just Drop by.

How much of life have we missed, simply by failing to look?

Or even by looking and not seeing?

What are you doing to fill up time and space, to avoid being present?

We all carry around trunk loads of old habits, but very fortunately for us, they're removable. We are not our stories or our circumstances, so they don't have to weigh us down permanently.

We can practice with the intention of getting in touch with the feelings of fundamental uneasiness and relaxing with it rather than being run around by our thoughts and emotions. We can use meditation and yin yoga as a path of transformation, using these practices to train the mind to be more present in what we are doing when we are doing it, enabling us to

Yin Yoga cultivates stillness of the body by holding the poses for longer and by practicing sensing into what is happening without automatically reacting. This slowing down of the whole body-mind spectrum creates a possibility of seeing our habitual responses more clearly, looking at the escape routes but not necessarily using them.

**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.