

Yin Yoga and Insight Meditation: Living an Engaged Life



with
Isabel Fleury

Sunday, September 24
2:00-5:00pm

presented by
Yoga Center of Carmel

Early Registration \$40, At Door \$45
No previous experience is required. All levels welcome!

"Go back and take care of yourself, your body needs you, your feelings need you, your suffering needs you, your perceptions need you. Your suffering and joy needs you to acknowledge it. Your life needs you. Go there and be there for all those things." —Thich Nhat Hanh

The teachings and practice that we call "Yoga" and "Insight Meditation" are merely instruments to help us return to the moment-to-moment unfolding experiences of our lives, which is life that leaves nothing out. The point here is that if we are going to erase the artificial divide between spiritual practice and everything else, we have to live in a way that is undivided... This is our life, let's not miss it!

Yoga and Meditation are the expression of intimacy in every one of our actions in four spheres; body, speech, heart and mind. Cultural forces impact our mind and body. The way we work with our own habits and potentials in turn serves our culture. Internal practices always flow back into the world. There is no way to separate individual and collective, internal or external. Now there is an urgency and calling for practice, a time where we really need to take responsibility and practice for the well-being of all!

During our time together I will offer a talk on the application of bridging practice and daily life and together we will sit in meditation and practice Yin Yoga to explore what we do learn from the gifts of embodiment.

Isabel is a licensed psychologist in Brazil where she kept a private practice and worked in clinical and institutional settings. She moved to the United States in 2007, working to deepen her experience at the Esalen Institute in Big Sur, California. She continues to work at Esalen Institute where Isabel guides classes in insight meditation, Yin Yoga, and Buddhist practice. Drawn to deep self-exploration at a young age, Isabel's approach to practice is a combination of her life-long studies: Clinical and Jungian Psychology, Buddhism, Insight Meditation, Archetypal Astrology and Yin Yoga.