



ROD STRYKER

Rod Stryker, teacher for 25 years, student of Pandit Rajmani Tigunait leads Teacher Training Programs, retreats and workshops, is on the advisory board of Yoga International and on the Board of Directors of the Himalayan Institute. His video series for Living Arts/Gaiam titled *Yoga for Longevity* and a guided meditation CD titled, *3 Meditations to Live By*.



Friday March 30th 9:00 am - 4:00 pm FR1STR
Tantra Vidya: Yoga's Path to Power and Prosperity

Through theory and practice we explore the science of Tantra as the most comprehensive and complete approach to yoga. We highlight the key points of Tantric philosophy, exploring its approach to asana specifically and yoga in general—which can be summed up as shakti sadhana or “power yoga.” We then focus on the yoga practices that expand asana’s reach and which most directly empower you to thrive in every area of life as prescribed by the tantric tradition. Lecture and two tantric hatha yoga/asana practices.

Saturday March 31st 10:30 am - 12:30 pm SA2STR
Tantra Yoga Vinyasa: Asana, Bandha, Mudra

Tantra Yoga views the body as a sacred altar and teaches that “worship” means learning to gradually master the dormant force in the spine called shakti. In this class you’ll learn about and experience the progression of Tantric principles and techniques—starting with accessible asanas, then build to bandhas and finally mudras—that by activating the body’s latent forces, lead us to ultimate freedom and exaltation.

Saturday March 31st 1:00 pm - 3:00 pm SA3STR
The Secrets of Pranayama

Learn the secrets to refining and mastering your breath. Through theory and guided practice, you’ll experience the power of the sacred science of breath and discover how, when the breath can be used to still the mind, dissolve the unconscious, and attract the forces of happiness and success. Discussion and accessible pranayama practice(s). A minimum of two years of asana practice recommended.

Sunday April 1st 9:00 am - 11:00 am SU1STR
Yoga Nidra, The Science of Destiny, and The Yoga of Fulfillment

Yoga Nidra is the sublime science of complete relaxation. Because of its unique capacity to transform all of the “layers” that the soul inhabits (physical, mental, energetic, and causal bodies), yoga nidra is both a comprehensive method for maximizing health and vitality as well as one of the tradition’s most profound and accessible way to positively shape our destiny. In this workshop we outline the theory of sankalpa, how we bring thought into form, the practice of yoga nidra, and how both relate to the concept of dharma. Lecture and practice. Bring what you will need (blankets, a pillow, a thick mat, etc.) so that you will be warm and comfortable and able to rest on your back for the better part of one hour. Open to all levels.

Sunday April 1st 11:30 am - 1:30 pm SU2STR
The Yoga of Meditation

Meditation is the heart of yoga. Through practice, theory, and discussion, we’ll explore the richness and diversity of both the yogic and tantric traditions’ approaches to meditation. Learn and experience how all meditation techniques are not alike, which ones may be the most relevant for you, why, and how to practice them. Class will feature three difference practices and Q and A. All levels welcome.