



# Yoga Jambalaya

November 5th, 2016

## **8:00-9:15 Morning Practice: Dedication and Devotion**

We will greet the day gently with intention and practice. Eliza will guide us in the Gayatri Mantra, meditation, pranayama and sun salutations.

**Eliza Kerr** has been greeting the sun daily with her personal yoga practice for 25 years. As co-founder of Balanced Rock, she is honored to be setting the tone for this years Yoga Jambalaya and sharing her devoted practice.

## **9:30-10:45 Love More, Stress Less**

In this creative playful flow we will explore movement and stillness with purpose and heart. Together we will breath, sweat, smile and surrender in honor of what we each want to call into our lives.

**Brenda Lear** lives in Ojai where she tends to a lovely garden, the ocean waves and her wonderful partner while staying true to her path and practice of yoga and teaching.

## **11:00-12:15 Eyes on the Prize: The Yogic Gaze**

The dristi (focus or gaze) can be utilized to help us achieve our goals on and off the yoga mat. Wherever we place our focus, our attention will follow. The quality of our gaze or attention can directly influence the qualities of our mental and physical patterns. Join Paula in exploring this yogic tool in a fun workshop-style session involving arm balances and more.

**Paula Wild** has used yoga as a tool for healing and personal transformation for over 15 years. She has an ability to see the unique light in every student. As Director of Operations for Balanced Rock, she will inspire your potential for tremendous growth on and off the mat in this session.

**Enjoy lunch in the Café!**

**12:00-1:00pm**

### **1:00-2:15pm Sankalpa, Story and Song**

Bring your journals, open hearts and creative minds to this after lunch session that will help us digest and explore some of the philosophic realms of yoga as well as our own intentions for practicing. This session will include some discussion, journal writing, and story-telling with a few gentle poses.

**Heather Sullivan** has been living and practicing in Yosemite for over 16 years. These lands and waters have defined her yoga practice and teaching style. As co-founder and Managing Director for Balanced Rock, her relationship with this place has continued to shape the organization and inspire the vision through many changing seasons.

### **2:30-3:45pm Freedom of the Feet**

Smooth transitions in standing poses and stance work begin with the feet. This class will focus on the placement and movement of the feet as we approach traditional postures by nontraditional paths. Dennis will share a practice known as Shadow Yoga in this session.

**Dennis Eagan** has been practicing yoga since 1988 and teaching since 98. Cut from the same stone as Balanced Rock, he loves exploring yoga's roots in nature and sharing that journey with others.

### **4:00-5:30pm Deeply Nourished**

This all levels practice will use Standing Poses, Hip Openers and Gentle Backbends to prepare us for Breathwork and a short Meditation. We will Center, Open and Ground to deeply replenish the heart, mind and body of clear energy.

**Jana Kilgore** has been studying Eastern Philosophy and Medicine since childhood and has devoted her life to sharing the transformational practices of Yoga, Meditation and Ayurveda. She is a fierce advocate of Gaia and encourages deep respect, stewardship and exploration of Nature by all. She lives and works in the Santa Cruz/South Bay area and adventures with her husband in their '88 Vanagon as often as possible.

**5:30-6:00pm Bonus Savasana with Heather and Paula and others** This 20-30 minute "treat" will be a time for a few restorative poses and a long savasana to end the day. Simply stay after Jana's class or drop in for a nice rest.

### **8:00-9:15pm Acro-Yoga: Come Fly With Me**

This AcroYoga workshop will open up a playful curiosity to get your feet off the ground with the support of a partner in a safe and fun environment. Experience exchange of trust and compassionate communication. No partner necessary.

**Breezy Jackson** is a yoga teacher, ecologist, and adventurer who loves exploring fun and creative avenues for self-expression. She finds AcroYoga compliments and expands on fundamental principles of yoga including physical expression (Asana), peaceful communication (Ahimsa), and community (Kula).