



# The Inner Tradition of Yoga: A Practice and Study Retreat with Michael Stone

**May 18-20, 2012**

Langara College  
601 W. Broadway  
Unit M11  
Vancouver, BC

## **Michael Stone**

Michael leads Centre of Gravity [www.centreofgravity.org](http://www.centreofgravity.org)  
His yoga teaching method is to slow down the traditional Ashtanga Vinyasa Krama sequences in order to bring deeper awareness to the subtle aspects of postures, balancing attention to alignment with meditative awareness. His meditation teachings integrate traditional Vipassana and Zen forms with insights from Yoga and Mahayana Buddhism, without losing the integrity of each tradition.

In this focused retreat we will integrate the practice of yoga postures using the techniques of bandhas, drishti and pranayama to look into the psychology of the postures while learning small alignment techniques that can bring postures to life. We will also explore meditation practice and look deeply into Patanjali's teachings of the Yoga Sutras. This unique urban workshop integrates the physical practices of yoga by slowing down traditional vinyasa sequences and then looking into the texts, philosophy and psychology that shows us how to undo old habits and wake up to our place in the world.

## **Dates:**

Friday, May 18<sup>th</sup> 7-9pm  
Saturday, May 19<sup>th</sup> 9-6pm  
Sunday, May 20<sup>th</sup> 9-6pm

Cost: \$495

Early bird discount: Register by April 15th and save 10%!

*\* This retreat is open to all for registration\**

## **Learn more.**

Naseem Gulamhusein  
Program Coordinator  
604.323.5134 | [ngulamhusein@langara.bc.ca](mailto:ngulamhusein@langara.bc.ca)  
[www.langara.bc.ca/yoga](http://www.langara.bc.ca/yoga)