

SARAH POWERS

Sarah Powers began teaching in 1987. She is the founder of Insight Yoga which interweaves yoga, Buddhism, and psychology into an integral practice to enliven the body, heart, and mind. Her style blends a Yin sequence of floor poses to enhance the meridian and organ systems with a flow, or Yang, practice influenced by Viniyoga, Ashtanga, and Iyengar. Sarah leads retreats with her husband. They live in Marin, CA. Learn more at sarahpowers.com.

Friday March 30th 9:00 am - 4:00 pm FR1POW

Insight Yoga: Blending the Insights and Practices of Yoga and Buddhism

Insight Yoga is a unique blend of practices rooted the Yogic tradition, Buddhism, Chinese medicine, and transpersonal psychology. In this workshop, we will blend the quiet practice of Yin yoga with a brief strong practice of upper body poses with an intention of cultivating an inner atmosphere of ease and vitality, qualities essential for Buddhist Concentration and Insight practices to bear fruit. This class will end with seated meditation. Includes a talk during the Yin practice on how to work with the universal affliction of clinging, exploring ways we might loosen our grasping nature, while softening our patterns of resistance. All levels asana and meditation

Saturday March 31st 10:30 am - 12:30 pm SA2POW

Insight Yoga: An Introduction to Yin/Yang Yoga and Mindfulness Meditation

Yin Yoga is an essential complement to the more active styles of yoga and keeps the body supple at its core, while encouraging stagnate chi (prana) to flow throughout the joints and meridians, restoring and revitalizing the organ system, while a yang practice (when done with a skillful attitude) can reestablish or develop a wealth of internal strength and vibrancy, enhancing our natural centre of gravity and earth centered connectedness. In this workshop, focus on both long held, passive Yin Postures that prepare the body for sitting meditation, as well as a strong standing pose sequence. This class will end with a Mindfulness meditation session.

Saturday March 31st 3:15 pm - 5:15 pm SA4POW

Yin Yoga and Subtle Body Anatomy

Deepen your understanding of the energetic and psychophysical value of Yin Yoga. We will explore it's relevance to our vital energy (Prana or Qi), understanding how the Yin practice affects the meridian system and specific organs to enhance our overall harmony of being. A description of the 12 main meridians affected by the poses will be shared while in the asanas, as well as a deepening of our understanding of how the health of our internal organs has a direct effect on our state of mind.

Sunday April 1st 9:00 am - 11:00 am SU1POW

Compassionate Presence: Yin Yoga and Buddhist meditation

Yoga and meditation provide the potential for living with gentleness and insight. In our yoga sessions, we can clear the body and mind of extraneous, depleting elements while enhancing our awareness and vital energy or Qi(chi). Studying and practicing the Buddha Dharma, we can enhance a recognition of our basic goodness, allowing our inherent authentic nature to be revealed and embodied. Class included a talk focusing on the theme of Karuna(compassion) as an important aspect of our daily practice during a Yin Yoga session, end with Mindfulness Meditation.

