

# ADVANCED TECHNIQUE INVITATION

CEU credit hours, and/or 200 hour training  
Healing Module of January-February

Weekly, Two Hour Sessions will work with:  
Your personal Astrological chart.

Learning and weaving subtle body layers with Asana:  
chakras, meridians, prana vayus (energy channels), the Five  
Elements (the building blocks of nature), and Ayurvedic Doshas  
(harmonizing the body to nature)

Step out on the road that calls you. Who do you wish to become?  
What holds you back? How can you best use your talents?  
What do you seek?

*Fierce Softness* by Rumi  
"What hurts you, blesses you. Darkness is  
your candle. Your boundaries are your quest.  
I could explain this, but it will break the  
glass cover on your heart, and there's no  
fixing that.  
You must have shadow and light source both.  
Listen, and lay your head under the tree of awe.  
When from that tree feathers and wings sprout on you,  
be quieter than a dove."

Our Yoga is learning to understand and embody this 'fierce softness.' We create  
practices where light and shadow face off, where we grow more human, more  
*enlightened*, more willing to help someone else over the bridge.

Single session or formal training: Thurs. mornings, or Mon.  
evenings. [Samanthacameron@verizon.net](mailto:Samanthacameron@verizon.net), 508-651-7951

Second module ~ March/April works with: Pranayama, mudra, chant with Asana,  
along with the Sutras.