

JOSH SUMMERS

YIN & YANG WORKSHOP WEEKEND

March Friday 9th. to Sunday 11th. March 2012

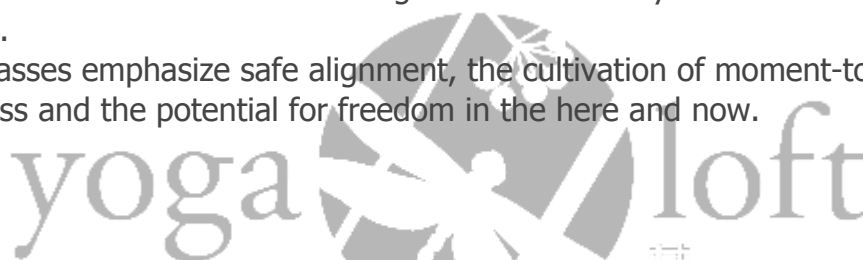


JOSH SUMMERS

Josh is a licensed acupuncturist, a yoga instructor and a mindfulness consultant. He recently co-authored, *The Buddha's Playbook: Strategies for Enlightened Living*. www.satisolutions.com

Josh began studying yoga in the early nineties with a gifted Iyengar yoga teacher in New York City named James Murphy. Since then he has spent several years living abroad in India, Taiwan and Burma where he has studied both yoga and meditation. As his interest in vipassana or insight meditation has developed, so too has his interest in more contemplative forms of yoga practice. With a professional background in oriental medicine and a personal passion for the dharma, Josh fell in love with Yin Yoga as a beautiful synthesis of these two interests.

Josh's classes emphasize safe alignment, the cultivation of moment-to-moment awareness and the potential for freedom in the here and now.



11, rue Guillaume de Machault L-2111 Luxembourg
www.yogaloft.lu info@yogaloft.lu
(+352) 26 25 97 90
T.V.A. LU 22232402
BLUXLULL LU24 0081 7170 8100 1003

Finding the Missing Peace, a weekend intensive with Josh Summers

The spiritual journey promises a movement from noise to silence, from agitation to calm, from complexity to simplicity. But, ultimately, it is our inner orientation to that journey, not the practices themselves, that determines whether or not we will reach our destination.

Within the practices of Yin Yoga, Yang Bodyweight Movement and Buddhist Insight Meditation, Josh will offer clear guidance for directing one's attention and energy towards serenity and peace in the here and now regardless of the chaos in the world around you.

Friday 9th March 2012 from 7.00 p.m. to 8.30 p.m.

INTRODUCTION CLASS

Saturday 10th March 2012 from 9.00 a.m. to 12.00 p.m.

YIN YANG YOGA PRACTICE AND SEATED INSIGHT MEDITATION

The Saturday morning session will explore the theme of Posture and Focus as it relates to yoga and meditation. Josh will begin by teaching you a group of Yang bodyweight exercises that will enhance joint mobility and muscular endurance. Josh will then guide you through a deep and relaxing Yin Yoga session, ending with a period of seated Insight Meditation.

Saturday 10th March 2012 from 2.00 p.m. to 5.00 p.m.

MOVEMENT AND STILLNESS

The Saturday afternoon session will examine the theme of Movement and Stillness within the form of Yin Yoga and Insight Meditation. You can expect to uncover your innate experience of peace and serenity.

Sunday 11th March 2012 from 10.00 a.m. to 1.00 p.m.

AWARENESS AND COMPASSION

The Sunday morning session will reflect on the relationship between awareness and compassion. Josh will lead you through a short, but intense, Yang bodyweight flow (based on the exercises learned on Saturday), and then return to the quieter practices of Yin Yoga and Insight Meditation to experience the compassionate embrace of awareness.

INDIVIDUAL ACUPUNCTURE SESSIONS (60mn)

During his stay in Luxemburg from Wednesday 7th March to Sunday 11th March, you can book an individual acupuncture session with Josh and this by appointment for the price of 70€/session.



11, rue Guillaume de Machault L-2111 Luxembourg
www.yogaloft.lu info@yogaloft.lu
(+352) 26 25 97 90
T.V.A. LU 22232402
BLUXLULL LU24 0081 7170 8100 1003

INSCRIPTION

FIRST NAME AND NAME: _____

ADRESS: _____

PHONE NO.: _____

E-MAIL: _____

DATE OF BIRTH: _____

DATE: Friday 9th. March 2012 from 7.00 p.m. to 8.30 p.m

LOCATION: yogaloft

11, rue Guillaume de Machault L-2111 Luxembourg

PRICE: 1.5hrs. session 25€

DATE: Saturday 10th. March 2012 from 9.00 a.m. to 12.00 p.m

Saturday 10th. March 2012 from 2.00 p.m. to 5.00 p.m

Sunday 11th. March 2012 from 10.00 a.m. to 1.00 p.m

LOCATION: Haus Am Becheler

15A, Am Becheler

Salle Polyvalente

L-7213 Bereldange

PRICE: 3hrs. session 50€

2 x 3hrs. sessions 90 €

3 x 3hrs. sessions 120€

Full workshop weekend 140€

Please select the workshop you want to attend.

PRACTICAL INFORMATION: Josh teaches in English. Please bring your own mat, a blanket and in case you have some, blocs for the Yin yoga practice. All levels welcome.

CONTACT: yogaloft (+352) 26 25 97 90

Isabelle Thill gsm 621 49 48 76

info@yogaloft.lu

To make sure that your place is reserved, please make the transfer before the beginning of the workshop. The payment is non-refundable.

Banque de Luxembourg IBAN LU24 0081 7170 8100 1003

11, rue Guillaume de Machault L-2111 Luxembourg

www.yogaloft.lu info@yogaloft.lu

(+352) 26 25 97 90

T.V.A. LU 22232402

BLUXLULL LU24 0081 7170 8100 1003