



AN EVOLUTIONARY APPROACH TO SPIRITUALITY AND YOGA

JOEL KRAMER & DIANA ALSTAD
APRIL 8 - 10, 2011

Bringing Spirituality Down to Earth

Friday 3/25, 7pm–9:30pm (\$35 by 3/21, \$40 thereafter)

Bringing spirituality down to Earth involves ending the age-old rift between the spiritual and the mundane that lives in people's minds. Spirituality has traditionally been viewed as in another "higher" realm instead of as a creative force within the fabric of existence. Separating spirit from living by defining spirit as "otherworldly" and humans as flawed is no longer viable. A modern evolutionary spiritual worldview can bring a much needed shift in awareness that infuses life with more care, purpose and connection and can help us meet the challenges of our times.

Heart of Asana

Saturday, 3/26, 11 am–2pm (\$65 by 3/21, \$75 thereafter)

Joel will discuss his approach to yoga, followed by a 2 hour asana session using basic and key postures to help people experience "how a posture works" — including how to: deepen postures with breath, interpret feedback, play different "edges," use body leverages and channel lines of energy. (Some experience with asana required)
All levels – limit 30

The Yoga of Relationship

Saturday 3/26, 4pm–6:30pm (\$45 by 3/21, \$50 thereafter)

As social beings, one cannot "Know thyself" fully in isolation. The yoga of relationship brings openings and insights that deepen connection. It offers new ways of unraveling "knots" and breaking out of limiting patterns. Treating differences and conflicts as "edges" to explore can be an on-going source of discovery that fosters intimacy and protects passion over time.

Make this a date night- bring your partner for 1/2 price *offer not available online, please contact the front desk for details*

Spirituality and Evolution

Sunday, 3/27, 12pm–2:30pm (\$45 by 3/21, \$50 thereafter)

"Spirit" is the embedded force that invisibly drives evolution. Evolution uses crises and necessity to forge change. We humans are at a predictable and necessary cusp point in our evolution requiring us to mature to survive. Reframing our conceptions of spirituality to mesh with new discoveries and challenges will help us forge a more evolved relationship to spirit and each other. This is the spiritual challenge of our times.

Joel Kramer is considered a founder of modern yoga for his seminal contributions to re-visioning yoga and his innovations in mental and physical yoga. He is the author of **"The Passionate Mind"** (1974) which demonstrates the workings of the mind, and of the influential articles **"Yoga as Self-Transformation"** (Yoga Journal, 1980) and **"A New Look at Yoga"** (YJ, 1977). Kramer did graduate studies in philosophy and psychology. He was a resident teacher at Esalen from 1968-70 and taught seminars on spirituality and yoga throughout the U.S. and internationally.

Diana Alstad and Joel Kramer have been life partners working and teaching together since 1974. A Yale Ph.D., Alstad taught the first Women's Studies courses at Yale and Duke and trained in several psychological approaches. Her pioneering article **"Exploring Relationships: Interpersonal Yoga"** (YJ, 1979) describes the yoga of relationship she developed based on Kramer's yogic approach. They coauthored **"The Passionate Mind Revisited: Expanding Personal & Social Awareness"** (2009) on furthering personal and social evolution and **"The Guru Papers: Masks of Authoritarian Power"** (1993). Their articles, podcasts, YouTube videos, and book overviews are at: JoelDiana.com.

PRANA YOGA CENTER Cost: \$180 for all 4 sessions before March 21, \$ 200 thereafter.

Register online at our website, or call 858.456.2806. Space is LIMITED.

1041 Silverado St.

La Jolla, CA 92037

858.456.2806

www.prana-yoga.com

info@prana-yoga.com