



JOEL KRAMER & DIANA ALSTAD
NOVEMBER 5-7

AN EVOLUTIONARY APPROACH TO SPIRITUALITY AND YOGA: TALKS

The Yoga of Relationship Friday, 11/05, 6:00 pm–8:30 pm

The spiritual quest to “Know thyself” is usually presented as an inward activity—but as social beings, one cannot fully know oneself in isolation. The Yoga of Relationship reveals what can only be discovered in relationship, bringing openings and insights that deepen connection. It offers new frameworks and practices for breaking out of limiting patterns and reactions, unraveling “knots,” and resolving control issues. Like physical tightness and blocks, differences and conflicts become edges to explore with interest and sensitivity to feedback. Dealing consciously and creatively with the unavoidable issues of control, power and self-centeredness can be an on-going source of discovery and mutual growth that foster intimacy and passion over time.

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

Unmasking Spiritual Authoritarianism Saturday, 11/6, 9:30 am–12:00 pm

This engaging, taboo-challenging dress-down of spiritual ideals and clichés explores dogma vs. dynamism, livable vs. unlivable ideals, certainty vs. openness. Can practices make you spiritual? What's the dark side of enlightenment? Is total selflessness desirable? Why are our loftiest spiritual ideals beyond human capacity?

What we hold sacred urgently needs reexamining: making truth-seeking sacred instead of tradition is the key to a viable future. Defending outmoded beliefs blocks insights and problem-solving, which is now deadly. Unlivable spiritual ideals create inadequacy and self-mistrust, sabotaging relationships and making people easy to manipulate as they seek saviors. Awareness of inner and outer authoritarianism disempowers it, increasing freedom and possibility.

Spirituality and Evolution Saturday, 11/6, 2:00 pm–4:30 pm

We humans are at a cusp point in our evolution that will determine our survival. This is not only predictable, but is in a sense necessary. Evolution uses crises and necessity to forge change. As old ways crumble or threaten our very survival, we individually and as a species must forge a more evolved relationship to spirit and each other. This is the evolutionary and spiritual challenge of our times.

Joel Kramer is considered a founder of modern American yoga for his seminal contributions to re-visioning yoga in the West. A pioneer and innovator of physical and mental yoga, his evolutionary vision of yoga is foundational for many of today's teachers. His book *The Passionate Mind* illustrates mental yoga. His widely influential “*Yoga as Self-Transformation*” (*Yoga Journal*, 1980) presents many principles of his original mind/body approach that have become an integral part of American yoga. After graduate studies in philosophy and psychology, Kramer was a resident teacher at Esalen (1968-70) and taught yoga seminars with Diana Alstad until 1982, both returning to teaching in 2006.

Diana Alstad led mental, physical and relationship yoga seminars with Joel Kramer from 1975-82 at Esalen, Omega, and other centers. She created a foundation for the Yoga of Relationship in “Exploring Relationships: Interpersonal Yoga” (*Yoga Journal*, 1979) by extending Kramer's original yogic approach to the social arena. A Yale Ph.D., Alstad taught the first Women's Studies courses at Yale and Duke, and has trained in several therapies.

Joel & Diana have been life partners working together since 1974, returning to teaching in 2006. They coauthored *The Passionate Mind Revisited: Expanding Personal & Social Awareness* (2009) concerning individual and social evolution and *The Guru Papers: Masks of Authoritarian Power* (1993) unmasking hidden social, mental and spiritual authoritarianism. Their articles, Youtube and podcast links, book descriptions and reviews are at JoelDiana.com.

Please note: this is NOT a yoga asana workshop

Cost: \$40/talk or \$175 for all 5 talks

Class will be held at yogaview Elston

“Spirit” is the embedded force within existence that is the invisible driver of evolution. Spirituality is ignited by how people connect with each other, the planet and their epoch. As spirituality itself participates in the evolutionary momentum, it needs to be periodically reframed to mesh with new challenges, discoveries, and potentials. A major urgency of this epoch is to broaden our spectrum of awareness to further the deep worldview, values, and identity transformations underway.

Yoga of the Mind Sunday, 11/7, 9:30 am–12:00 pm

Being conscious with a capacity to self-reflect has a core meaning within it that each of us can tap into. Through self-inquiry and experiential feedback, this magical gift, our mind, can develop greater clarity and wisdom.

Physical yoga offers a way to loosen tight spots and bring energy through the body. The mind also takes on conditioning and habit patterns that filter the way information is perceived, internalized, and acted upon. Many of the assumptions, values, worldviews, self-images and very identities people operate from become more rigid over time. Like the body, exploring and opening the mind can be approached as a yoga. To meet the challenges we as individuals and as a species face, our minds must evolve in ways that bring us more flexibility, insight and creativity.

Bringing Spirituality Down to Earth Sunday, 11/7, 1:30 pm–3:45 pm

Humanity is on an evolutionary and spiritual cusp as to whether we will mature and use our untapped potential to remain viable. Spirituality has traditionally been viewed as in another “higher” realm—higher, pure, otherworldly—to be personally attained, instead of as a creative force infused in the fabric of living. This age-old, fateful split between the spiritual and the mundane views spirit as “unearthly” and humans as flawed. Any worldview that separates spirit from living is no longer viable in our world of accelerating change and crises.

Bringing spirituality down to Earth involves ending the destructive rift and extending spirituality into social relationships and global issues, bringing more care, purpose and connection into daily life. A modern evolutionary framework for spirituality can bring a needed shift in awareness, values and relationships to meet the challenges of our lives and times.