NORTH WOODS YOGA

In-Person Iyengar Yoga Retreat
The Mahābhūtas
Within & Without
Sept 12–14

Optional Pre-Retreat Add-on
Elemental Sanskrit | **Sept 11**
Doing, Hearing, Seeing

Mary Reilly, Leslie Freyberg, & Bob Gilbo

Āsana | Prāṇāyāma • Sanskrit Chanting • Philosophy
Click here for further details about the presenters

"When we can play with the elements (mahābhūtas) within our own bodies, with their renewal and disproportion and rebalancing, then we are aware of nature at a level that is not apprehendable in a normal way…We are discovering evolution through a journey of involution. "

— BKS Iyengar

THURS 9/11 | 10am – 4pm

Elemental Sanskrit | Doing, Hearing, Seeing

10 – 11:45am	Sounds of Sanskrit	What's in an Āsana Name?	Mary & Leslie	Yurt
12pm – 1pm	Found in Translation: Patañjali's Opening Gambit	Bob	Yurt
⬦ BYO Lunch ⬦	
2 – 3:15pm	Light on the Language of Prāṇāyāma	Leslie, Mary	Yurt
3:30 – 4pm	Mantra for Fruitful Study: Saha Nāvavatu	Leslie & Bob	Yurt

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FRI 9/12 | 2pm – 6:00pm

Elements Within, Elements Without

2 – 3pm	As Above, So Below	Bob	Yurt
3:15 – 4:30pm	Vastness of Vāyu: Creating Space for Prāṇa	Mary	Yurt
4:45 – 6pm	Activating Ākaṣa: The Power of Mantra	Leslie	Yurt

SAT 9/13 | 9am – 6:00pm

Embodying the Elements

9 – 10:30am	Transformative Tejas: Building Backbends	Mary	Yurt
11am–12:30pm	Mahābhūtas: From Sāṅkhya to your Mat	Bob	Skyhorse
⬦ Lunch (catered if ordered in advance) ⬦	
2 – 3:15pm	Let the Waters Flow: Apas in Forward Bends	Mary	Yurt
3:45 – 4:30pm	Elements in Collaboration: Wisdom of Trees	Upaniṣad Tree	Bob/Leslie
5 – 6pm	Gāyatrī: Mantra, Meter & Goddess	Leslie	Skyhorse
⬦ Optional Indian Dinner at Mary's ⬦	

SUN 9/14 | 9am – 12:30pm

Balancing the Elements

9 – 10:15am	Alchemy of Being in Āsana & Prāṇāyāma	Mary	Yurt
⬦ Tea Break ⬦	
10:45am–12:30pm	The Elements as Freedom: Bhūtajayaḥ	Q&A	Closing Circle	Bob, Leslie, Mary	Yurt

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For some sessions, the group will split and rotate between the yurt near Mary's home and Skyhorse, a house on the property. Everyone will receive all the content.

Enrollment Is Limited | Click Here To Register