

In-Person Workshop

SAMATVAM̐ |

Cultivating Equanimity

Sept 15–17 | Optional Sanskrit Immersion Sept 14

The Bhagavad Gītā’s first definition of yoga (II.48) is **samatvaṁ**, or equanimity. BKS Iyengar spoke of finding the stability of tādāśana within every pose. Mary, Leslie, & Bob will look at various practices for connecting to this groundedness through āsana, prāṇāyāma, Sanskrit chanting, and philosophy.

Pre-workshop add-on with Leslie

3 Days | 3 Locations

THURS 9/14
At the Yurt | Harbor Springs

Sacred Vibrations: Embodying Sanskrit Through Sound & Vision

10A – 12P

✦ Lunch ✦

2 – 3:30P

4:30 – 6P

A day of exploring sound and symbol with Vedic chant specialist Leslie Freyberg



SAT 9/16
At the Yurt | Harbor Springs

The Great Container of Nature

9 – 10:30A Inner Containers: Creating Space in the Chest | Mary

11A – 12:30P Gaṇeśa: The Art of the Possible | Bob & Leslie

✦ Lunch break | Nature time ✦

2:30 – 3:30P Nature Chant | Upanisadic Insights | Bob & Leslie

3:30 – 5P Inner Containers: Accessing Softness in the Abdomen | Mary

5 – 6:00P Brahman: The Base of All | Q&A session | Bob & Leslie

✦ Dinner at Mary's ✦

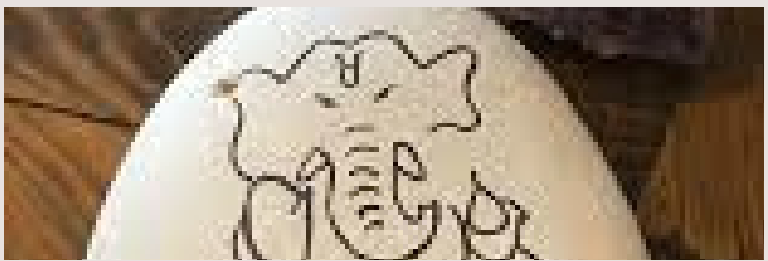
FRI 9/15
In the Westminster Room | Petoskey

Finding the Center

2:30 – 4:30P What is Samatvaṁ? | Bob Gilbo
Samatvaṁ in Action: Gītā II.48 | Leslie Freyberg

5 – 7:00P Core to Periphery & Periphery to Core | Seated, Supine, & Inverted Āsana | Mary Reilly

✦ Optional dinner out ✦



SUN 9/17
In the Studio | Petoskey

Holding the Balance

9A – 10A Directing the Breath Towards Evenness | Prāṇāyāma | Mary

✦ Tea break ✦

10:15A – 12P Accessing the Source: Balances, Inversions, & Backbends | Mary

✦ Lunch ✦

1:30P – 3:30P Balance Within Change & Changelessness | Leslie & Bob

Full workshop (Fri–Sun) limited to 15 participants | [CLICK HERE TO REGISTER](#)

