

# THE WISDOM OF YOGA

## Weekend Workshop with CARLOS POMEDA

### Friday - Sunday, 7th - 9th December 2018



### **Sex, Love & Yoga**

**Friday, 7th December | Open to ALL. Non-asana based**

**6.30pm – 9.00pm | Interactive presentation, including meditative practices.**

Sexuality occupies a very important part of our lives, yet mature discussions of its connection to yoga are often lacking. Simply put: What happens to sexuality on the path of yoga? What is the role of sexual energy? How can we use sexuality as a way to revitalize body and soul, instead of depleting them?

Similarly, the topic of love is everywhere in our culture, yet often treated superficially, or as a matter of gratification. But, what is love, truly? And how can we connect to our heart; how can we fully experience the infinite ocean of love that dwells in every human heart? How can we fill our lives with love and let it grow?

These and other questions will be the focal point of our exploration. Drawing amply from the depths of traditional yoga sources, as well as our own modern experience, we will learn to avoid the pitfalls of jealousy, guilt and narcissism, among others, while learning how to nurture the fullness of the heart. Join us for this vital exploration.

### **Vijnana Bhairava: Meditation course**

**Saturday, 8th December 2018 | Open to ALL. Non-asana based**

**9.00am – 12.00pm and 1.30pm - 4.30pm**

There is a treasure trove of meditation in the tradition of Kashmir Shaivism, and one of its greatest sources is the revealed text known as Vijnana-bhairava Tantra. In it, the Goddess plays the role of student and asks Shiva for instruction. The reply, however, does not come in the form of doctrines, but in the form of 112 methods of meditation. The message is clear: the ultimate answer to the deepest questions of life lies within.

In this 1-day course, we will immerse ourselves in the nectarean ocean of meditative practices selected from this sublime text. As we progress through the various forms of meditation, the inner state becomes deeper and deeper, supported by our contemplation, analysis and discussions. If you've ever felt like immersing yourself in meditation but felt perhaps too busy for a prolonged retreat, this course is for you! It is designed particularly to deepen our understanding and experience of meditation, to shift our internal state and anchor it firmly in internal, blissful awareness. It will be a true banquet for the soul.

Because of the structure and nature of this course, attendance for both morning and afternoon session is required. Open to all levels of experience in meditation.





## The Mystery of Karma and the Journey of the Soul

Sunday, 9th December 2018 | Open to ALL. Non-asana based

9.00am – 12.00pm and 1.30pm - 4.30pm

How does karma work? How does it shape my destiny and how can I change my destiny? What lies beyond this life? What happens during death? How can I best prepare for it? How can I overcome my fear? How can I help others to make the transition?

These are some of the questions that the workshop will address, drawing from the wisdom of ancient texts such as the Katha Upanishad and others. Immensely relevant, meaningful and practical, the Mystery of Karma & the Journey of the Soul workshop will provide not only knowledge, but also practices and strategies to understand the underlying forces that create our destiny, to shape our destiny, to deal with the inevitable process of life and death, helping us and others to put our life in perspective, make the transition smoothly and address unsolved issues in our lives.



Originally from Madrid, Spain, **Carlos Pomeda** has been steeped in all aspects of the yoga tradition during more than 40 years of practice and study. He spent 18 of those years as a monk of the Saraswati order, under the name Swami Gitananda, including 9 years of traditional training and practice in India.

During this time, he learned the various systems of Indian Philosophy and immersed himself in the practice of yoga, becoming one of the senior monks of the tradition and teaching meditation and philosophy to tens of thousands of students around the world. He combines this experience and traditional training with his academic background, which includes two Masters Degrees: one in Sanskrit, from U.C. Berkeley (where he has taught) and another one, in Religious Studies, from U.C. Santa Barbara. He is currently working on a book on the topic of “Karma and the Journey of the Soul”, as well as a new translation of the Śivasūtra, an important Tantric text of the Kashmiri tradition.

Carlos currently lives in the US, and travels extensively around the world conducting a variety of retreats, courses, seminars, workshops and lectures on the Wisdom of Yoga and related subjects.

As a teacher, Carlos is renowned for the breadth of his knowledge and the clarity with which he conveys it. His great love of the Indian yoga traditions, his insight, his humor and his deep connection with his audiences give him the ability to transmit the deepest scriptural teachings in a way that is clear, meaningful and applicable. Studying with Carlos is an enjoyable and transformative experience.

### Workshop Price

3-DAY FULL WORKSHOP **S\$380 Early Bird**. Otherwise S\$440 (Regular Rate)

SINGLE SESSION (7<sup>th</sup> December 2018) **S\$88 Early Bird**. Otherwise S\$95 (Regular Rate)

FULL DAY SESSION (either 8<sup>th</sup> or 9<sup>th</sup> December 2018) **S\$180 Early Bird**. Otherwise S\$200 (Regular Rate)

\*All prices are inclusive of GST

\*\*Early Bird FULL payment by 15<sup>th</sup> November, 2018\*

Payment non-refundable after 1<sup>st</sup> December 2018

S\$50 cancellation fee for any cancellation prior to 1<sup>st</sup> December 2018

#### VENUE

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#### INFO AND REGISTRATION

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