

WISDOM OF YOGA WEEKEND WORKSHOP with CARLOS POMEDA

from Friday 3rd to Sunday 5th of November 2017



HATHA YOGA AND RELATED TRADITIONS

Friday, 3rd November 2017, 6.30pm - 9pm | ALL LEVELS

What is the origin of Hatha Yoga? What is the mysterious Kundalini? How can I experience it and how can it help my practice? What is unique about the human body? How can yoga help me to understand my body? Above all, how can these teachings help me to deepen my practice?

These are some of the questions that we will be exploring at this upcoming seminar. Building up on the knowledge of the Tantric traditions, the paths of kundalini yoga and hatha yoga present a radical approach in which the body is not an obstacle to spiritual life, but rather the very vehicle to enhance our consciousness and develop a sense of connectedness with our world and ourselves, at the deepest possible levels. This seminar will offer a fascinating tour of the hidden “anatomy” charted by the Tantric masters and will also present several powerful exercises to enhance our daily practice.

PRATYABHIJNA: FROM THE EVERYDAY TO THE SUPREME

Saturday, 4th November 2017, 9am - 12 noon; 1.30pm - 4.30pm | ALL LEVELS

Based on a classical tantric text from the Kashmiri tradition (the Pratyabhijna-hridayam, or “Heart of Recognition”), this seminar will teach us how to recognize the most extraordinary supreme consciousness in the midst of the most ordinary processes. Starting with an expansive understanding of the unfolding of consciousness in the universe and offering the key to the understanding and experience of supreme reality, the seminar will culminate with several powerful techniques for the expansion of consciousness. Ultimately, this tradition teaches that the unfolding of the inner energy brings about the attainment of supreme bliss right within your own heart. This seminar combines the most sublime philosophy and wisdom with the most powerful and relevant practices.

THE WORLD IN THE MIND: THE TANTRIC YOGA OF THE TRIPURA RAHASYA

Sunday, 5th November 2017, 9am - 12 noon; 1.30pm - 4.30pm | ALL LEVELS

“The whole world is manifested in Consciousness, like a city in a mirror... That Consciousness is absolute... [But] as long as the mind is not turned inward, so long the Self cannot be realized.”

The essential teaching of all yoga is that a great treasure lies within every human being, but the key to finding it is the mind. Our mind contains not only the key to the ultimate experience of meditation, but indeed to our whole life—it is the very place where we experience every moment of our lives. Therefore, it is particularly important not only to understand it and how it shapes our experience of being alive, but specially, how to make it into an instrument of insight and fulfillment at all levels of our life. This workshop will be based on a profound and insightful scripture of the yoga tradition, the Tripura Rahasya. This text forms a bridge between Advaita Vedanta and Tantra, which makes it tremendously relevant in contemporary life. Most importantly, the Tripura Rahasya offers what is perhaps the deepest and most transformative method of meditation found anywhere. This highly interesting and transformative workshop will be taught in an interactive and approachable style.

CARLOS POMEDA

Originally from Madrid, Spain, Carlos 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.

INVESTMENT

Full workshop (3 days): **S\$360/early bird** | **S\$420/regular**

Individual session (Friday PM): **S\$85/early bird** | **S\$92/regular**

Each full day workshop (Saturday OR Sunday): **S\$160/early bird** | **S\$180/regular**

Early bird deadline: 15th October 2017 (payment in full required).

Payment non-refundable after 27th October 2017

S\$50 cancellation fee for any cancellation prior to 27th October 2017

VENUE

COMO Shambhala Urban Escape
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INFO AND REGISTRATION

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