

LAINIE DEVINA ONLINE STUDENT MENTORSHIP

AN EIGHT-FOLD PATH MASTERY OF EVERYDAY

JANUARY 2019

DEEP LISTENING

Deep Listening: A Healing Practice to Calm Your Body, Clear Your Mind, and Open Your Heart

Inspired by Jillian Pransky's book Deep Listening (with her permission), I've created a month long journey into developing presence by paying close attention to your Body, Mind and Heart.

Each class will explore ways in which we stay distracted from an intimate connection with ourselves, how we hold tension in our bodies, and specific ways to develop the opposite including guided meditation, breath work, sharing within the group and much more.

We begin 2019 nourishing our humanity...

DATES/TIMES

JANUARY 08 15 22 29

TUESDAYS 12:00 - 1:30 PST

TUITION

MONTH 4 \$100 ENROLLMENT begins December 15

CURRICULUM

Below are some of the topics we will explore:

- Grounding and Resourcing
- Following the sensations
- Fight, Flight and Freeze
- Guided Imagery as a tool
- Learning to pause
- Breathing to connect
- Learning how to ask questions
- Welcoming presence

PREREQUISITES+

- Minimum of 1 years yoga practice
- Must have live video access using Zoom
- Yoga Teachers welcomed & encouraged
- One-Year Access to Class/Audio Archive
- Daily Homework Commitment
*15 minutes + weekly email turn in

*The next months enrollment will be offered to active students 3 days before enrollment is open to the public

*eNews subscribers will be invited to enroll 1 day before the public: lainiedevina.com/eNews

