



TANTRA VIDYA

THE ROOTS & WINGS OF HATHA YOGA

with Lauren Toolin

SATURDAY, AUGUST 28TH, 2010

HEARTSPACE HOLISTIC
ALBANY, NY

12:00—2:30 PM \$35



AND, DON'T MISS...
THE TEACHER-STUDENT CONNECTION
3-5 pm \$25

Dive into the mechanics, methodology and magic of a deeper, more informed yoga practice, for yourself and for others. You don't need to be a teacher to attend this experiential "asana lab."

Attend both sessions for \$50

Pre-registration required. Register through Lauren directly.

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THE PHILOSOPHY AND TECHNIQUES OF TANTRA PROVIDE MUCH OF THE FOUNDATION FOR WHAT WE EXPERIENCE AS HATHA YOGA TODAY, AND YET MOST CLASSES MERELY SCRATCH THE SURFACE OF THE RICH TEACHINGS THAT TANTRA HAS TO OFFER.

TANTRA HAS MANY DEFINITIONS, INCLUDING 'TO WEAVE,' 'TO EXPAND' AND 'SYSTEM'. TANTRIC SCIENCE EMERGED AS A SYSTEM OF ENERGETIC AND SPIRITUAL PRACTICES WHICH ARE ANTIDOTES TO THE CURRENT KALI-YUGA (A DARK AGE OF HUMANITY).

IN THIS WORKSHOP, EXPLORE THE SCIENCE AND ALCHEMY OF TANTRA AS A WAY TO TRANSFORM YOUR PERSONAL PRACTICE, STRENGTHEN YOUR RESOLVE AND EMPOWER YOUR ENLIGHTENMENT.

SUITABLE FOR EVERYONE WITH AT LEAST SIX MONTHS' YOGA EXPERIENCE

Lauren Toolin, E-RYT, has been teaching for nearly twenty years, and is the fourth person to be certified as a Senior ParaYoga® Teacher by Yogarupa Rod Stryker. She was also a long-time apprentice to Rodney Yee. She is an initiate of an authentic Tantric tradition, with wisdom passed from teacher to student for millennia.

She is on the editing staff of Yoga Journal and has contributed to other national publications, including as cover model for Yoga International. She travels nationally, offering ParaYoga workshops, and as guest faculty for many teacher training programs.

She has trained or mentored much of Albany's teaching community and will lead the next teacher training at HeartSpace, beginning January 2011. Find out more about her at www.laurenjaytoolin.com

