

oneness of being

WITH ANNE DOUGLAS



Schedule

Fri, Aug 24, 6:30-9:00pm, \$50

Sat, Aug 25, 1:00-4:00pm, \$60

Sun, Aug 26, 1:00-4:00pm, \$60

\$149 for entire weekend

Location: The Hearts Garden • 1397 Pacific Rim • Tofino, B.C.

Light up your senses during this weekend workshop using the ancient and evocative practices of Kashmir Tantric Non-dualism in which asana becomes "Body Sensing", pranayama becomes "Breath Sensing", and meditation becomes a sensorial flow through all of the koshas and elements. Each practice invites you to open to a deeper embodiment, naturalness and to the Oneness of Being.

Anne Douglas has been teaching Yoga and Meditation for over 30 years. She has a thriving Yoga Therapy practice in Banff, Alberta, has co-taught with Richard Miller, PhD and offers yoga and iRest~Yoga Nidra trainings. Anne's boundless enthusiasm for this work, depth of wisdom, compassion and gentle humor create fertile ground for inspired learning.

Fri, Aug 24, 6:30-9:00pm, Opening the Doors and Windows: The 5 senses can be seen as doors and windows into subtler realms of awareness and experience and finally into our True Nature as Awakened Presence. This evening will be an introduction to the teachings and practices that can take you to a first hand experience of Awakened Living.

Sat, Aug 25, 1:00-4:00pm, Getting Acquainted: Once you have stepped through the doors of heightened and sensitized perception, the practices of Kashmiri Non-dualism acquaint you with the Truth and Fullness of who you are AS pure conscious Awareness that is ever at peace, free and living as LOVE itself. Practices include yoga asana, pranayama, iRest Yoga Nidra and Tandava (meditative movement to music).

Sun, Aug 26, 1:00-4:00pm, Infinite Abiding: Once established in the experience of who you truly are, one ABIDES as the infinite and unconditioned Self. The practices of Body Sensing, Breath Sensing, iRest Yoga Nidra and Tandava invite the recognition of the infinite and eternal abidance that already exists as the ONE mind and the ONE heart.

*"All of our senses arise
from and point us back
to our essential oneness.*

*These practices
deliciously orient the self
to the Self and the*

*realization that there has
ever only been ONE."*

—Anne Douglas

To register or for more information Contact Dion at:
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