

YOGADHARMA

workshops

with Will Mead & Amy Cronise-Mead MFA, ERYT-500



JAN 27

HOW YOGA WORKS (Part 1)

How and why to do yoga. An intro to karma and yoga as a comprehensive practice, both on and off the mat.

FEB 24

HOW AND WHY TO MEDITATE

An intro to the basics of meditation, how to practice the preliminaries, and to the concept of emptiness. Asana to prepare the inner and outer body for seated practice.

APRIL 20

THE SECRET BODY

Explore teachings on the inner body as it has been taught for thousands of years. Learn how this style of practice can help with depression, anxiety and other painful emotions.

JUNE 8

HOW YOGA WORKS (Part 2)

Introduction to the Bodhisattvic way of life and the practice of All Day Yoga.

JULY 13

ALIGN WITH THE DIVINE

How and Why to align well. Working with the Universal Principles of Alignment.

JULY 27

STRAIGHT UP YOGADHARMA

Practice and a Q&A on the upcoming teacher training program (*no charge*)

All classes run from 6:30 – 9:00 pm
Fee per session: One class plus \$20
Call Onyx Mind Body to register.

Please come prepared for asana, meditation and philosophy.
(Bring a pen!)



ONYX MIND BODY

45 Mountain Blvd, Warren, NJ – 908.834.8064

Register online at www.onyxmindbody.com