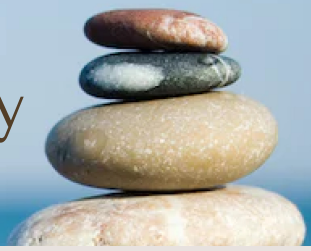


SAMATVAM | Cultivating Equanimity



Sept 15–17 | Optional Sanskrit Immersion Sept 14

The Bhagavad Gītā's first definition of yoga (II.48) is **samatvaṁ**, or equanimity. BKS Iyengar spoke of finding the stability of **tāḍāsana** within every pose. Mary, Leslie, & Bob will look at various practices for connecting to this groundedness through āsana, prāṇāyāma, Sanskrit chanting, and philosophy.

Pre-workshop add-on with Leslie

3 Days | 3 Locations

THURS 9/14

At the Yurt | Harbor Springs

Sacred Vibrations: Embodying
Sanskrit Through Sound & Vision

10A – 12P

A day of exploring sound
and symbol with

✧ Lunch ✧

2 – 3:30P

Vedic chant specialist
Leslie Freyberg

4:30 – 6P



SAT 9/16

At the Yurt | Harbor Springs

The Great Container of Nature

9 – 10:30A Āsana/Prāṇāyāma | Mary

11A – 12:30P Wisdom of Ganesh | Bob

✧ Lunch break | Nature time ✧

2:30 – 3:30P Gather at Upaniṣad tree

3:30 – 5P Seated Āsana | Mary

5 – 6:00P Chanting | Informal Q&A

✧ Dinner at Mary's ✧

FRI 9/15

In the Westminster Room | Petoskey

Finding the Center

2:30 – 4:30P

Philosophy | Bob Gilbo
Chanting | Leslie Freyberg

5 – 7:00P

Āsana | Mary Reilly

✧ Optional dinner out ✧



SUN 9/17

In the Studio | Petoskey

Holding the Balance

9A – 10A

Prāṇāyāma | Mary

✧ Tea break ✧

10:15A – 12P

Āsana | Mary

✧ Lunch ✧

1:30P – 3:30P

Chanting & Philosophy |
Leslie & Bob

Full workshop (Fri–Sun) limited to 15 participants | [CLICK HERE TO REGISTER](#)

