

# *And the Heart Lotus Blossoms Forth*

**With Kathleen Wright & Pat Layton**

**Sunday, May 21, 2017**

**Asana 9 am – 10:30 am**

**Pot luck breakfast**

**Lecture and participation 11am-1pm**

**\$60 prepay \$68 day of**



In this workshop we will discuss and experience a number of practices from yoga and Ayurveda that help to balance the heart energy.

Ayurveda and Yoga clearly explain and address the profound link between inflammation and discomfort in the body and the mind and emotional balance. The Sanskrit Sutra says, "Sadhako Hridaya Sthitaha": sadhaka pitta resides in the heart. In Ayurvedic terms, emotional strength or emotional weakness depend primarily on the state of sadhaka pitta. When sadhaka pitta is balanced we can experience the BLISS of the Heart Lotus Blossom and have a taste of Samadhi.

By adopting lifestyle and spiritual practices that are calming, soothing and nurturing, prana flow is enhanced and higher states of consciousness can be experienced.

*Pat Layton was initiated into the Himalayan Yoga Tradition in 1974 by Swami Rama. She has spent her adult life studying yoga and Ayurveda in the US and India. The practices of the heart cave are practices of her tradition. Currently she studies Ayurveda with Vaidya Mishra whose family lineage offers many practices to heal the subtle heart.*