

Mindful Movement Mantra Meditation

A Closer Look at the Path of Practice

With Caroline Gomez, RYT

Friday, October 21st 6:30-9:00 \$40

Do you struggle to stay mentally focused in a slow moving practice? Are you unable to remain in the present moment because your thoughts overtake your practice?

This workshop will focus the mind so that it becomes an integral part of your gentle practice and will demonstrate how the mind can enhance the benefits of a slower moving practice.

Using mindful movement practices we will link the length of the breath with movement while chanting simple mantras bringing the mind to a meditative state.

This two-part workshop will explore the impact of the kleshas (mental obstacles of our yogic practice) on our physical practice followed by a deeply restorative practice .

This workshop is for anyone who wants to slow down mentally or physically and is open to all levels.



Caroline was first introduced to yoga in 1997 and felt an immediate connection on a physical and spiritual level. In 2008, Caroline met Amy Pearce-Hayden at TheYogaScape, and the moment she heard Amy's dharma talk felt this could be the path to fill her spiritual needs. Through Amy's guidance, Caroline found that yoga simultaneously satisfied and challenged her on a physical and mental level. This desire to both deepen her knowledge of yoga philosophy as well as her physical practice led her to complete her 200-hour Teacher Training with Amy Pearce-Hayden at The YogaScape in Carmel, NY, and she became a certified RajaHatha Yoga Teacher. This fall she will complete the school's 500-hour Certification program. "Yoga has humbled me with the realization that I will be a student forever. The path of Yoga has taught me how to listen, let go, be receptive and most importantly, how to trust again."

The YogaScape and Spa ॐ RajaHatha School of Yoga

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