



Swasthavritta

**A Year End Mini-Retreat into the One Unique Self
w/ James Bailey**

Dec. 28, 29 and 30, 1-4p

**\$150/all 3 days / \$135 if pay by 12/19
\$55/single day**

\$175/all 3 days and New Year's Day Meditation / \$160 if pay by 12/19

At the moment of our conception the cosmos recreates itself in miniature and a one-of-a-kind stellar event results in our own unique nature (prakriti) that differs from all others. No two of us the same. Ayurveda is divided into two primary teaching streams: the Ayurvedic clinical practice of medicine and the self-guiding wisdom practices known as Swasthavritta.

Swasthavritta is the Ayurvedic body of wisdom that informs and inspires right livelihood and actions in the world given one's unique nature, and empowers the individual to render an enlightened self care. Similar to a Yogi, a Swastha is one who is established in one's true unique self, and who acts and lives in accordance to one's own nature. Swasthavritta illuminates the true self as nature.

Join us for this Year End Retreat as we explore the swasthavritta wisdom of our individuated nature through stories, pratyahara self witnessing practices such as Antar Mouna, and creating our own unique sankalpa (embodied transcendent resolve) to our unwavering wellbeing and joy for the New Year on this mini-retreat into the One unique self.

The retreat will be completed by a New Years Day meditation experience, Pancha Maya Kosha Dharana: Roadmap to the Soul.

New Years Day Meditation

**Pancha Maya Kosha Dharana: Roadmap to the Soul
w/ James Bailey**

January 1, 2011, 12-2p

\$35 / \$25 students/ seniors

The Pancha Maya Koshas (Five Layers of Illusion) are intellectually taught in 2 dimensional style as the layers or sheaths of the body from the physical to the most subtle. Traditionally, the koshas were illusive distractions, diverting our gaze from our true selves at the soul level. At the same time, they can be used as a secret pathway to the divine within. Here the practitioner, through inner visualization (dharana), will explore and experience each kosha layer in sequence as a roadmap from the external physical body deep into the most subtle realms of the soul. It is the koshas that trap the mind into a perpetual self identification with the expressions and experiences of the externalized body and mind. In this practice we learn to release ourselves from the limiting bonds of the Pancha Maya Kosha, freeing ourselves to experience our true essence.



James Bailey, LAc, Dipl Om, Dipl Ayu, E-RYT is a third generation healer, CAM physician and health educator who has been living yoga and ayurveda for 25 years. He practices Ayurveda, Marma Therapies, Acupuncture, and Wellness Counseling and teaches workshops worldwide. His training includes 5 years (4000+ hours) of formal clinical studies in Oriental Medicine (Master of Traditional Chinese Medicine from Yo San University) and training in Ayurveda under such luminary teachers as Dr. Vaijayanti Apte (Dipl Ayu from the Kerala Ayurveda Academy), Dr. Subash Ranade, Dr. Avinash Lele, Dr. Vasant Lad, and many Ayurvedic doctors and therapists in Kerala, south India. He is a contributing editor and

former columnist for Yoga Journal, Light on Ayurveda, LA Yoga magazine and other wellness magazines and is founder of Sevanti Wellness in Santa Monica, CA.

REGISTRATION FORM ON NEXT PAGE

REGISTRATION FORM
For Mini-Retreat and New Year's Day Meditation
w/ James Bailey

Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

Swasthavritta / New Years Day Meditation w/ James Bailey. Check Sessions Attending:
ENTIRE RETREAT AND MEDITATION: \$175 _____ \$160 if pay by 12/19 _____
ENTIRE 3-Day RETREAT: \$150/all 3 days _____ \$135 if pay by 12/19 _____
SINGLE DAY OF RETREAT: Dec. 28 / \$55 _____ Dec. 29 / \$55 _____ Dec. 30 / \$55 _____
NEW YEAR'S DAY MEDITATION ONLY: \$35 _____
TOTAL: _____

FORM OF PAYMENT: CASH _____ CREDIT CARD _____ CHECK _____ (payable to Laughing Dog Yoga)
Credit Card #(Visa, Mastercard) _____ Exp. _____
Date _____ CVV _____

MAIL TO: Laughing Dog Yoga, 159 Linden St., 2nd flr, Wellesley, MA 02482
OR EMAIL: info@ldyoga.com 781-235-9642 www.ldyoga.com

.....