



Simone MacKay

Hatha Flow and Yin Yoga

Simone's journey has led her from the mountains of Switzerland to the free and open lifestyles of tropical Asia and the plant medicines of South America, all of which informs her work as the director of the School of Sacred Arts. Feeling most inspired by time in nature and conscious community, she brings their essence into her yoga practice and teaching, holding space for her students with a gentle poise and grace in teacher trainings, workshops and retreats around the world.

Troy McFadden

Hatha Flow and Yin Yoga

With an eclectic life that has included establishing wellness centers, long periods alone in the wilderness, and acting in feature films, Troy brings a knowing humor, playfulness, and a healthy perspective on life into his work as a yoga teacher and yoga teacher trainer. Believing that following a tradition or a specific teacher should be secondary to finding one's own true path, he encourages his students to be free, think for themselves, and to trust their intuition—the voice of Spirit within.

Workshop Schedules

Wednesday, March 23, 3:15-5:15 pm, Beyond Asana: The Higher Yoga, Bale Up

Beyond Asana: The Higher Yoga

While a tremendous amount of energy, growth and awareness is experienced with a regular and comprehensive asana practice, until we learn to use this particular tool as a means to an end, we limit ourselves. Though it is indeed a microcosm of the universe and a complete laboratory for our work, the physical body must be, in a sense, transcended in order to explore the higher aspects of the yogic journey. Whether we look through the lens of Patanjali's 'classical' system or the Hatha Yoga tradition, we see the same—asana is an early stage of the process.

So often in the modern world we think of 'intermediate' or 'advanced' yoga as increasingly complex and demanding postures. In truth, the process of unfolding consciousness is such that the work becomes subtler and more refined as we progress, yet infinitely more powerful. In the end, love—complete realization of our oneness with the infinite—is the true work of the authentic yogi.

Join us as we explore these concepts in a practice and discussion that involves the energetic body, the deeper koshas, pranayama and meditation—as well as a playful and uplifting Hatha Flow!