

## Wholesome Body Wholesome Mind weekend structure

**Weekend 1: Where are we going and how do we start?** *The yoga of loving kindness and the foundation of generosity*

Setting the scene for how we practice.

- Our approach to movement is meditative and just as applicable as in a stillness practice.
- We explore movement in stillness and stillness in movement through a style of listening that is not commonly taught.
- Meaning of generosity of spirit and how it forms the foundation of all practice.
- Explore loving kindness in movement and stillness.
- The power of smiling

**Weekend 2: What is holding us back?** *A wholehearted commitment to the wholesome*

Tension as teacher

- Exploring the philosophical and practical basis behind what feels like an obstruction and obstacle
- Pushing through, step away or is there a third way?
- Philosophical framework behind why we move forward so much more quickly when you 'meet things' when they are so challenging.
- Practical investigation of working with tension physically and mentally to deepen practice and understanding

**Weekend 3: Path to harmonious balance:** *Beyond what we think we know*

Setting out the path of Sukhita Yoga

- The relationship to mind, heart and body and the different stages of development.
  - Body literacy both internal and external developing a road map for further development
  - Skills to listen to the inner yogic energetic body taught in a structured and practical way
  - Building the wholesome and learning to relate kindly to the unwholesome.

## Wholesome Body Wholesome Mind weekend structure cont.

### **Weekend 4: Stepping stones of awareness: *Knowing the essential from the unessential***

Introducing the sensory landscape

- Using sensation to unlock a healing path
- Capacity to observe mind and body becomes more subtle and refined
- Greater insight and clarity around balance and imbalance
- Develop a healthy relationship; with your body and how you are mentally engaging with the world.
- Begin to strengthen around vulnerabilities and ease attachment to the physical.

### **Weekend 5: Secrets of Buddhist cognition: *The key to unlocking uncomplicated joy***

Disentangling the entangled

- Understanding the framework of cognition
- Making sense of what seems unclear, muddled, emotionally entangled.
- When we are entangled our only mode of moving is really limiting (regardless of how flexible we are). We don't know any other way of moving. This is a true for our mind and emotional reactions as our body.
- Witnessing this played out through direct experience in movement and stillness
- Knowledge (intellectual and 'knowing') is required to have a framework to understand and 'see' what is behind these rigid structure that is our own identity.
- The Buddha taught how the steps to uncover the reality behind our experience and release these rigid structures.

### **Weekend 6: Getting out of the way**

When you begin to see how it is all working you understand you have to get out of your own way.

- We collapse our identity around certain attitudes and emotional landscapes
- Our work is to break that cycle
- We need to go beyond ourselves to do it

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### Weekend 7: Questions questions questions

Once this process starts your wisdom develops from direct experience and lights an endless curiosity.

- The path opens up.
- A sense of trust develops and with it the desire to understand more.
- Keep practicing to keep the untangling going
- Faith comes from seeing it work

### Weekend 8: Retreat weekend

- Deep immersion

### Weekend 9: Understanding what you have learnt and the path forward

- Review and optional assessment

Each weekend will have an approximate 50:50 balance of knowledge and seeing. 'Knowledge' comes through the presentation and discussion of the framework underlying the 'seeing' in the form of direct experience through practice.

This leads to understanding that the Buddha called wisdom.