



Judith Hanson Lasater

Letting Go: The Heart of Yoga Practice

April 29 - May 3, 2023
Yellow Springs, Ohio

One of the most powerful teachings of the ancients is about letting go. All religions and spiritual traditions tell us to let go of our suffering, of the tyranny of our thoughts, of our constant judgments.

But what does it mean to let go? How is it different from giving in? How do we learn to let go of our attachments, our fears, of our constant holding on to the hope of making things be the way we want them to be all the time? Can we learn to let go into our true power, our innate strength, and our courage? These are some of the questions we will explore.

In this workshop we will use Active Asana and the Quiet Practices of Restorative Yoga, Pranayama, and Meditation to explore what it means to cultivate the wisdom of letting go on the mat and in our lives, minute by minute.

Judith Hanson Lasater, Ph.D., P.T., is a Physical Therapist and holds a doctorate in East-West Psychology. She has been teaching yoga since 1971 and has taught on 6 continents and almost every state in the USA, and has been an inspiration to students in our Yellow Springs Yoga sponsored workshops and trainings for 30+ years. She is the author of 11 books, the most recent is "Teaching Yoga with Intention: The Essential Guide to Skillful Hands-on Assists and Verbal Communication"

<http://www.judithhansonlasater.com/reading/>

Location: John Bryan Community Center. 100 Dayton Street, Yellow Springs 45387

Times: 10:00am – 12:30pm & 2:30pm – 4:30 pm - except Wednesday: 10:00am – 12:30pm

Investment:

5 Day option: April 29 - May 3: \$695 Weekend option: April 29 - 30: \$395

To Register:

Via PayPal and Zelle: Make e-transfer payment with: patricia@brainfingers.com.

Via Venmo: Make e-transfer with: [@patricia-schneider-71](https://venmo.com/@patricia-schneider-71)

Then email: patricia@brainfingers.com with the information requested on the Registration Form below.

Registration will be confirmed by email along with an Info Letter and Housing List.

Cancellation Policy:

All cancellations are subject to a non-refundable/non-transferrable \$75.

In the unlikely event that the workshop is cancelled, refunds will be made minus a non-refundable/non-transferrable \$75

Covid-19 Precautions:

We are committed to creating a space where we can gather in person that is as comfortable and safe as possible. To that end we ask that everyone self-test using the Cadence Testing method.

Here's how it will work for our Workshop:

For the Weekend folks: covid self-test Thursday and Saturday morning before class.

For the 5 Day folks: covid self-test Thursday, and Saturday, Monday and Wednesday mornings before class.

Further Info:

Patricia Schneider: Text/Mobile: 937-767-7727 patricia@brainfingers.com

Registration Form

Name_____

Email_____

Phone:_____

Please Check the appropriate box: [] 5-Day option, or [] Weekend option.