

Emergence 3:

The Spiral Body & Shoulders

The Profound Spiral Inwards

There are perhaps no more vital postures in yogasana than those that revolve and wring us out. They are also amongst the more risky postures if practiced without the core fundamental of counter rotation and length. Revolving postures detoxify the heart and lungs, ridding us of grief and toxicity.

As we explore the spirals of the global body, we envision and cultivate the awareness of the entire physiology and energy of the body, and how all of the lines of intelligence in the body are connected. The spirals help tie everything together, heightening body and spatial awareness through the awakened sensitivity of the spine and the lines of intelligence that dance around it. It is through this awakened sense of inner space and clarity that we realize our place in the world, and how to connect with the spiraling of the Cosmos.

The Upper Branches

The upper limbs are truly our wings. The dynamic and creative expression of the heart, as inspired by Source in the belly, must be allowed to flow freely through the shoulders and arms. Such powerful energy from the heart, pericardium, and lungs flows from our depths out into the world, connecting us with others and our environment as we bring our gifts into the world. We ground through the backs of the arms, through the energy of the intestines and our regulation of heat and energy in the body.

Dragon Rising

Oct. 29th-Nov. 5th, 2016

\$1,000

\$900 if paid in full by 10/1/16



Sean inspires intuitive, primal movement through the progressive application of yoga as a path for integration and embodiment. His teaching is supported by years of exploration into the science and art of core-oriented expression and structural integrity, in a practice that invokes a personal relationship with Source.

