

INQUIRE WITHIN©

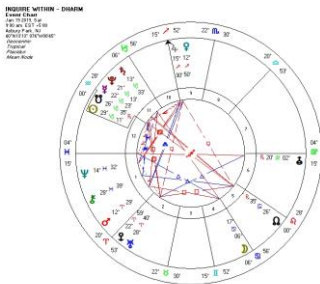
A self-discovery intensive, on and off the mat

Saturday, January 19, 9-6pm (Bring a light lunch)

Sunday, January 20, 10-12 noon

Must Register before January 17.

Minimum 3. Maximum 8.



Dharma is an interesting concept to consider. Philosophers and spiritual Seekers have been discussing the idea for thousands of years. According to some, dharma is the purpose to which we have been born. To be living our dharma, is to live our True Self. For those wishing to bring more spirituality into their lives, finding and accepting our dharma can be a major step forward. The search alone brings us closer to a truth about ourselves we might not encounter otherwise.

The north and south nodes of the moon along with the aspects of Saturn and Pluto reflect the nature and circumstances of our individual dharma and karma. When examined closely these astrological markers describe ways to live our dharma and remediate our karma. The deeper purpose of our lives becomes clearer and more meaningful with the interpretation of the nodes.

During the intensive we will cover the topic from various perspectives in Yoga, Vedanta, Eastern Philosophy and Astrology. Your personal natal chart is a great place to begin so bring it if you have one. Activities will include: dyads, group discussion, experiential exercises, gentle asana, pranayama & meditation. Our group intention is to seek knowledge & cultivate wisdom and practice compassion with our selves.

All are welcome whether or not you are new to astrology, yoga, or dharma.

The cost of the program is \$120 for Sanctuary students. \$145 all others.

(If you need your chart calculated there is an additional \$10 fee)

Cash, check or Paypal accepted.

Registration closes January 17, 2019

No walk-in's will be allowed. Minimum (3) & Maximum (8) limits in effect.

Program held at: The Sanctuary 560 Main St., St 2C, Loch Arbor, NJ 07712

Accommodations for out of town participants may be available.

Feel free to call with questions. Group Rates apply.