



the psychology of yoga with uma kleppinger

Most Westerners begin their practice of yoga as some form of hatha yoga, emphasizing the physical disciplines. The purpose of yoga, however, does not end with the physical form. Yoga can be viewed as a scientific system designed to purify the body *and* mind from toxins accumulated due to poor lifestyle choices and negative thinking patterns. The goal of all yogic practices is not only to be free of mental illness, but to achieve a state of mind that is balanced, calm, and equanimous in the face of the tumultuous emotions, desires, and suffering that are found in the world.

This workshop examines differences between Western and Eastern psychology and explores the tools for mental health that yoga provides through somatic awareness, meditation, breathing and self-inquiry. We'll examine the definitive classical yoga text on Raja Yoga, *The Yoga Sutras of Patanjali* as well as other Eastern teachings that support and help fill in the gaps in traditional Western psychological approaches to creating radiant mental health and happiness.

Saturday, Nov 22, 2–4pm \$40

Uma Kleppinger's primary form of teaching is hatha yoga in a range of influences including Ashtanga, Iyengar, Anusara and Yin. These physical forms of practice are a stepping stone to drawing attention inward to tend to mind and spirit. Uma's practice is grounded in classical yoga and Buddhist meditation and draws inspiration from the mystical traditions of the world. Known for her clear, direct transmission of the philosophical and practical aspects of yoga, Uma teaches every practice as an opportunity for self-inquiry and experiencing the profound freedom and strength that comes with radical self acceptance.

