

EDDIE STERN WEEKEND IN DETROIT

July 19 – 21, 2019

Friday

Intro Lecture and Ganesh Puja

6p - 8p

Saturday Mysore Practice

7a - 11a

Lecture

2p - 5p

Sunday Led

8a - 9:30a

Lecture and Q&A

10:30a - 12:30p

Full weekend - \$200

Sign up on www.ami.yoga

Questions – md@ami.yoga

Ganesh Puja (Friday)

Ganesh is the Lord of new beginnings, wisdom, and obstacles. Everyone at one time or another will encounter difficulty. Our perception or mindset towards challenges will determine whether we gain strength, insight, clarity, faith and resiliency from it, or become disillusioned, depressed, or defeated. One of the many things that Ganesh teaches us is that when we face an obstacle with clear eyes, we gain wisdom, and that is how we grow, and our lives strengthened. Ganesh is also the first Deva worshipped to bring auspiciousness to a new undertaking. In the Hindu tradition the Gods (Devas) are the cosmic forces that hold the universe in order. As human beings, we are microcosms of the universal macrocosm, and so the Devas exist within us as latent powers and forces to be awakened through ritual, contemplation, and service. They are not “prayed” to, but “invoked” as they exist within us as an interwoven part of our essence.



One Simple Thing (Saturday Lecture)

In this lecture we will discuss some of the underlying mechanisms of yoga that make it an effective practice for self-regulation, emotional regulation, and spiritual experience. Drawing from *One Simple Thing, A New Look at the Science of Yoga and How it Can Transform Your Life*, Eddie will discuss a variety of scientific findings and yogic explanations that complement both an Eastern and Western approach to spiritual practice. Even after thousands of years, yoga continues to be an infinitely interesting and exciting practice and philosophy, never growing old, always staying new. In this class we will look at some of the reasons why this is so.

Thinking, Feeling, Acting and Being: Four Modes of Yoga (Sunday)

One of the meanings of the word yoga is union. Yoga teaches us practices by which we can experience this feeling of union with our inner self. In this class we will discuss the four yogas, called Jnana, Bhakti, Karma and Raja, that are the basic ways we can experience a union with our inner self through four ways we experience the world: through thought, action, feeling, and being. The yogis categorized these four ways based on both the ways we experience the world, and the four temperaments of people that draw them to the different yoga. Each of these yogas can lead us to a sense of inner peace, knowing and knowledge, and having a knowledge about these different approaches can help to broaden our vision about how our practices can pervade our daily life.