

Descriptions for Manorama's Courses at Chimsee

**1. Lord Shiva & The Maha Mrtyunjaya Mantra
with Manorama**

Mantra, Meditation & Discussion

Practice chanting of The Maha Mrtyunjaya Mantra (The Great Death Conquering Mantra). Manorama will give commentary on this Sanskrit verse and will discuss, who is Lord Shiva and how understanding him helps the aspirant relate, in a Yogic way, with death and life.

**2. Arjuna's Arrow: The Bhagavad Gita
with Manorama**

Mantra, Meditation & Discussion

Manorama leads chanting of select Bhagavad Gita verses and discusses the yogic significance of Arjuna and his mystical bow.

**3. Truth Consciousness Bliss Part 1
with Manorama**

Atmabodha Mantra, Meditation & Discussion

In this two part series, Manorama leads chanting of select Sanskrit verses from the Atmabodha. She will discuss the rich yogic meaning contained in the text on Self Knowledge and will offer Luminous Soul teachings on how to work with these verses in your daily life.

**4. Truth Consciousness Bliss Part 2
with Manorama**

Atmabodha Mantra, Meditation & Discussion

In this two part series, Manorama leads chanting of select Sanskrit verses from the Atmabodha. She will discuss the rich yogic meaning contained in the text on Self Knowledge and will offer Luminous Soul teachings on how to work with these verses in your daily life.

**5. Guided Luminous Soul Meditation
with Manorama**

Practice Luminous Soul Meditation. Be guided inwards beyond your mind and senses into the experience of energy and light. Chant and feel a healing connection with your core. Discover a space of inner balance within.

Lecture - Lady Ruth **"Spirituality in daily life"**

Stories, big and small make up all of our lives. Stories also make up a great part of scripture from all traditions. When we read scripture it is to gain wisdom. We can also read the stories of our own lives while asking ourselves, "what is the teaching in this?" and thereby learning from the ups and downs, (sometimes even more from the downs) of our experiences.

Satsang - Lady Ruth **"The qualities of the spiritual aspirant as described in the Bhagavad Gita"**

The Bhagavad Gita provides the readers of all different backgrounds with guidance for living a good life. One form of this guidance is through the development of one's best qualities regardless of one's circumstances. For a discussion in what these qualities are and how to cultivate them please attend this fun and interesting lecture full of stories and song. Open to all levels.

Jivamukti Workshop - Lady Ruth **"Backbending"**

A slow moving challenging vinyasa style Jivamukti workshop with emphasis on alignment and proper breathing so that the practitioner can work in a focused and quiet atmosphere that clearly encourages the bringing out of one's best qualities. Open to all levels.

Jivamukti Workshop - Emma **"Twisted fire starter"**

Twisting and rotating the spine requires great flexibility. Parivritta - The sanskrit term that refers to rotation in an asana, literally means to move around the central axis.

The word sukham or joyful in sanskrit can also be translated as good axel hole. Which suggest we need a strong centre in which to rotate and twist from so that everything is spinning from a good, steady and easeful place.

Besides restoring your spine's natural range of motion, the parivritta action opens the nadis (energy channels), deeply cleanses the organs and stimulates circulation bringing rejuvenation, clarity and balance into the body and the manipura chakra, the fire element or the fire in the belly, helping to untwist the ego and mind. When you are in need of re-energizing, twists are perfect to fan the flames of your inner fire and restore vitality helping to lift energy upwards and onwards.

Join Emma Henry for this intense twisting workshop looking at deepening the body's twisting motion and delving into an understanding of the chakra system.

Jivamukti Workshop - Petros "Kriya / Asana / Pranayama - a Jivamukti Yoga Workshop"

Patanjali describes the ashtanga yoga, the eight-limbed yoga path in his Yoga-Sutras. A possible approach to an open perspective, deep understanding and the experience of our unlimited potential and creativity.

The different practices allow us to slowly sharpen our focus on the unchangeable true nature of our existence, which we eventually meet within us. Due to our way of living, our diet, social conditioning - due to our definition of what's real or not (mostly given through the collective consciousness of our environment) and our perception, based upon those principles, a honest view on our own truth, covered by this veil becomes rather difficult.

In this workshop we will approach parts of those practices and establish a possible connection to our great potential. With kriyas and practices of nada-yoga (the yoga of sound) we will cleanse our koshas (body-layers) deeply - so a feeling of clarity and balance can arise.

When the body, mind and breath are cleared and opened through those practices, we set the base for a dynamic, challenging asana-practice (for all levels, some experience is recommended, though).

What we started with kriyas, we will continue with asana on a more subtle level.

Becoming aware of the energy within us, we will then begin a journey towards our very core - through pranayama, conscious, focused breathing we eventually arrive at a point of clarity, peace and freedom. Finally, here we find total silence. A silence that doesn't occur through the outside, but arises from within, with a smile....