

Journey into Ultimate Mystery

Finding Stillness, Creativity and Your Purpose in Yoga

with Arthur Kilmurray

January 24, 25 & 26, 2020

Farmington Hills, Michigan

Theme for the weekend journey: An intelligent, open-hearted, and embodied practice of yoga postures awakens the ever-present stillness/silence at the heart of the Universe. By anchoring ourselves in stillness (tada drashtuh svarupe avasthanam Patanjali's Yogs Sutra 1-3) we align with our own creativity as well as the creativity of the Cosmos. We are living in a time of rapid change and macro-phase challenges. Each of us can contribute to the emerging collective awakening by remaining grounded in stillness and allowing the Cosmic intelligence to flow through us. Letting go of old patterns of resistance to this flow is a continuous challenge that yoga meets moment to moment. Freedom requires courage, wisdom and compassion. Join us on this yogic journey into Ultimate Mystery.

Schedule:

Friday 6-8pm: The Microcosmic Orbit in Meditation

Saturday 10am-1pm: Embodying 3 Dimensions in Asana

Sunday 10am-1pm: Continuing 3 Dimensional Yoga

Tuition for Entire Workshop: \$175/\$150 by 1/10

**Contact: Katherine Schaefer 248-420-0127 or
katherineschaefer1@gmail.com**



Arthur has been exploring the mysteries of incarnation for close to 5 decades. Intensive studies with B.K.S. Iyengar, Emilie Conrad, and Bonnie Bainbridge Cohen

have helped him awaken somatic layers of awareness and intelligence that are the root of our emerging, collective, and Cosmically grounded field of human expression. As the next major leap in evolution, these higher octaves are in a fragile, neo-natal state and thus require diligence, persistence, trust and practice to help them flower. Arthur's classes offer insights and practices from yoga asana, meditation, and science to guide you on your own journey of personal awakening and how to simultaneously nurture the collective transformation of our planet.

www.arthurkilmurray.com

**Location: Mercy Center
NE side of Costick Activities Center
28650 Eleven Mile Rd.
Farmington Hills, MI 48336**

Register Online here: <https://checkout.square.site/buy/OVDGVSXOUPHCHRFMBY655BYR>

Cancellation Policy \$35 processing fee. NO REFUNDS for cancellations within 72 hours of the beginning of the workshop.

Name _____

Address _____

City/ST/Zip _____

Email _____

Phone _____

Who told you about this event? _____

I will attend the classes marked:

___ Friday 6-8pm \$50

___ Saturday 10am-1pm \$70

___ Sunday 10am-1pm \$70

___ Entire Event \$175/\$150 by 1/10 Amount paid _____

Please make checks payable and mail to:

Katherine Schaefer

23531 E. Newell Circle

Farmington Hills, MI 48336