

# Churning the Body, Freeing the Heart: A Tantric Hatha Yoga Retreat with Yoganand Michael Carroll



The tantric hatha yoga tradition assumes that we do not know who we really are—that we developed a persona to fit into the world and then forgot that we were anything but that persona. The practice of tantric hatha yoga involves techniques that energetically churn this persona. In Sanskrit, this consciously induced churning is called chhalana. Each time the persona is churned, there is the possibility that it will move a little closer to who we really are. When the difference between the persona and our true self grows small enough, we can let go of the persona and take refuge in the ultimate truth of our being.

This retreat will include:

- Beginning and intermediate asana, pranayama (yogic breathing), and meditation
- An exploration of yogic goals and ideals to see what is appropriate for contemporary practitioners
- Immersion in the tantric hatha yoga lifestyle and transformation experiences
- A safe environment to share and connect with a community of practitioners

**February 25-27, 2011**

**Friday** 5:30-8:30pm

**Saturday** 9am-12:30pm

2:30pm-5:30pm

**Sunday** 8:30am-12:00pm

Location: Santa Fe Soul

Full weekend experience \$225

1 weekend segment \$70

2 weekend segments \$130

(tax not included)

To register go to  
[www.yogawithjacci.com](http://www.yogawithjacci.com)  
or call 505.603.0803

*Move forward toward truth in a weekend that will  
encourage you to let go of your old identity.*