

Day 3

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Somatic Experience
&
Yoga



y o g a

complete unification

mind, body

&

cosmic awareness and physiology

y o g a

enliven individual awareness

&

expand it to cosmic awareness

cosmic awareness

settled awareness

&

unbounded, pure consciousness

y o g a a s a n a

cultures the physiology

y o g a

*enables us to transcend
the activity of the mind*

attention

- *is key to correct experience & performance*

is innocently drawn to the parts of the body that need more attention

attention

- *is key to correct experience & performance*

enlivens the flow of intelligence to create perfect balance

natural flexibility

- characterized by the *pleasant state* of the body & mind

restful activity

pleasant steadiness

relaxed dynamism