



DEARBHLA KELLY

Dearbhla Kelly began practicing yoga in 1994 while studying philosophy in Amsterdam. She left her hometown, Dublin, Ireland in 2001 to pursue a Ph.D in philosophy in Chicago, where she began teaching yoga. Her teaching style is influenced by her studies of Ashtanga, Forrest Yoga, Anusara, Yin Yoga, Vinyasa flow, Yoga Nidra and Bhakti Yoga. Her philosophical training has given her insight into the more esoteric aspects of yoga, as her heart moves toward integration and self-knowledge. She is also a writer, whose articles on the neuroscience of ecstasy have been published in LA Yoga Magazine and Yoga Journal Germany.

www.durgayoga.com

BIOCHEMICAL YOGA: Exploring the body of Bliss

Sunday November 29th

At any given moment countless molecules (neuropeptides) are buzzing around inside your body on a mission to find, and bond with, their mate. Their union causes a biochemical change which effects how you feel. Some of these particles (endorphins, dopamine, serotonin) are sub-atomic packets of bliss, they profoundly affect our sense of well-being, even our experience of ourselves and others as love.

Non-dualist and Tantric teachings stress that our true nature is bliss. When we are experiencing awe, bliss, wonder, we transcend the level of self and connect with something bigger, the all-pervasive Self. Just as Shiva and Shakti are partners in a sacred dance, the neuropeptides in our bodies are dancing towards each other, seeking out their partners in order to find union.

Schedule:

10.00 - 13.00: Chanting, meditation, lecture/discussion, short asana practice.

14.00 - 17.00: Hot and sweaty vinyasa to prepare us for arm balances, followed by a 40 min yoga nidra, full-body guided meditations

Time and date: 29/11, 10.00 - 17.00

Address: AntwerpYoga, Frankrijklei 107, 2000 Antwerp,
0475 75 63 49

Registration: info@antwerpyoga.be

Payment: Dexia Antwerpen 063-3991221-94

IBAN: BE87 0633 9912 2194, BIC: GKCCBEBB

Price: 60 EUR

Bring: yogamat, lunch and more outfits

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