

Saturday, August 1
1:30 - 4:30 PM
\$35

Body of Bliss

With Dearbhla Kelly



9711 WASHINGTON BLVD, CULVER CITY, CA 90232

310.287.1255
WWW.GODAYOGA.COM
WWW.DURGAYOGA.COM

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.

In this workshop, featuring guest musician **Joni Allen**, we'll cultivate our bliss bodies through the mediums of pranayama, chanting, vinyasa flow and deep relaxation.