Since 2008, we have been holding these annual workshops at Kirkridge combining yoga and spirituality! For thousands of years, yoga has been a means to obtain a higher level of spiritual understanding. As such, it can be complementary to one’s own religious background or belief system. During this weekend we will explore yoga through asana (physical postures), meditation, and philosophy as it applies to spirituality. We will explore the transformative power of the body/mind/spirit connection and the principles practiced to encourage peace in the body and the greater world. We will focus this year on the poet, Mary Oliver. The New York Times has acknowledged Mary Oliver as “far and away, this country’s best-selling poet.” As stated in her website (http://maryoliver.beacon.org), "Over the course of her long and illustrious career, Oliver has received numerous awards. Her fourth book, American Primitive, won the Pulitzer Prize for Poetry in 1984. She has also received the Shelley Memorial Award; a Guggenheim Fellowship; an American Academy and Institute of Arts and Letters Achievement Award; the Christopher Award and the L.L. Winship/PEN New England Award for House of Light; the National Book Award for New and Selected Poems; a Lannan Foundation Literary Award; and the New England Booksellers Association Award for Literary Excellence.” Suggested reading includes any of Oliver’s poetry collections as well as either of her books on the art of writing poetry, A Poetry Handbook and Rules for the Dance. In addition, please bring with you a favorite quote or piece of poetry to share with the group on Sunday morning. Our weekend will be a mix of hatha practice, discussion and time for reflection in this beautiful setting nestled in the mountains during the lovely changes of the fall season. All levels of yoga are welcome!

Laurice D. Nemetz, MA, BC-DMT, E-RYT500, LCAT, works as a yoga teacher and dance/movement therapist throughout Westchester County, New York. As a therapist, she has worked with geriatrics, children with special needs and 9/11 survivors among other varied groups. She is past President of the Yoga Teachers’ Association (YTA) and is a long-time faculty member at Pace University, and Ananda Ashram and a faculty teacher for Anatomy Trains®. She has published several articles on dance/movement therapy and yoga and has written as part of the book, Creative Arts Therapies Manual. She leads trips on yoga and sea kayaking, studies and teaches applied anatomy worldwide and also enjoys creating art and playing music. In addition, she is a mother to two boys who enjoy practicing yoga too! She teaches in the U.S. and abroad, including Canada and Costa Rica and enjoys exploring the rich world of yoga practice. More information on Lauri can be found at www.wellnessbridge.com.
Cost $400 includes double occupancy room, board and tuition.