

The Four Goals of Life
An Afternoon Yoga Workshop
including āsana, breath + meditation
with Anna Ashby

Happiness is not a matter of intensity but of balance, order, rhythm and harmony.

— Thomas Merton

While it may seem that yoga practice in modern times draws attention to the physical form, we all know that the end result of yoga practice offers far more than that. In fact, a simple effective yoga practice can result in a deeply felt sense of integration and balance free from the grip of stress whether mental or physical. In other words, yoga practice is liberating - a goal consistent throughout the tradition.

The 'Four Goals of Life' as described in the *Mahabharata*, a seminal epic of ancient India, present a useful roadmap for bringing about purposeful and meaningful living especially in uncertain times. This workshop seeks to shed light on how yoga embodies a 'living practice' where insight from early on in the yoga tradition can guide and nourish our practice and living in the modern day.

Dharma - sacred duty; *artha* - worldly success; *kāma* - pleasure; *mokṣa* - liberation comprise goals that when contemplated and applied form the basis for lasting happiness. This workshop will enquire into yoga as a 'living practice' and includes contemplation + discussion, as well as *āsana*, breath work + meditation.

Time: Saturday, October 10, 2-5p

Location: Yoga Venue, Oxford

Fee: £40

Anna Ashby is an experienced senior teacher at triyoga. Her dedicated training in alignment based yoga systems and in dance, combined with her love of movement and philosophy results in a unique approach to yoga that invites enquiry, exploration and full experience. Her teaching reflects a subtle intelligence focusing on precision and alignment in the expression of *āsana*. Her direct experience of the yoga tradition while spending 12 years in an Ashram in up state New York underpins her teaching with a practical understanding of yoga philosophy. She is a founder and senior faculty member of triyoga's teacher training programme and holds the highest level of certification from Yoga Alliance both in the UK and in the US (Senior Teacher/E-RYT 500). For more information about Anna's schedule visit her website www.annaashby.com