



## Fluid Yoga Enrichment Courses

Fluid Enrichment Courses are designed for those looking to deepen their yoga practice but not necessarily become registered yoga teachers. Open to all participants of all levels and experience.

### Fluid Mind I

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In this Module, students explore a central question: How can we let go of fear, craving and attachment in order to become happier and more content? The Fluid Mind approach begins with a foundational understanding of Tibetan Buddhist mind training, and continues to explore the science of meditation, the foundations of practice, and specific meditation practices (including shamata, maitri/lovingkindness, and tong-len). A Fluid mind is present and adaptable to change—qualities that lead to happier living and more refined yogic practice. There is no pre-requisite for this Module

### Fluid Spirit I

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Yogis throughout history have referred to “knowing oneself”—and in the Fluid Spirit I Module, we explore the tools students need to better understand their own minds. Our exploration will include study of the Six Perfections (*paramitas*) as a gateway to a discussion of living an exemplary life filled with generosity, patience, diligence, morality, meditation and wisdom. Additional topics include the Buddha’s discoveries under the Bodhi Tree, the Four Noble Truths, and foundational Tibetan Buddhist philosophies. Fluid Spirit I features teachings from Khenpo Lama Migmar, a Tibetan

monk and head of the Sakya Center in Cambridge. Lama Migmar will offer discourse on the Six Paramitas. Weekend includes daily asana practice, meditation, discourses and activities. There is no pre-requisite for this Module.

## Fluid Body I

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The Fluid Yoga approach to asana encourages freedom and exploration within the framework of alignment-based cuing and sequencing. The result is a practice at once efficient and expansive; students new to yoga or those with years of experience will find equal room for growth and discovery. The Fluid Body I Module introduces the dynamic, flowing rhythm of vinyasa while providing easy methods for understanding safe alignment. Attendants learn to listen to their inner wisdom to make moment-to-moment adjustments without disrupting the fluidity of practice. There is no pre-requisite for this Module.

## Fluid Mind II

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Fluid Mind II dives deep into the waters of personal transformation through meditation. Students explore Vajrayana Buddhism's teachings on Tantra, or *continuity*—often cited as an accelerated vehicle for enlightenment. In this Module, we identify feminine and masculine energies within Tantric thought, and examine the transformation of craving, desire and negativity into positive karmas.

Activities include advanced pranayama, mantra meditation, walking meditation and a discourse by our philosophical advisor, Khenpo Lama Migmar.

Pre-requisite: Fluid Mind I

## Fluid Spirit II

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In this advanced Module, we focus first on understanding our spiritual practice through the lens of Vajrayana, then examine the complexity of emptiness—what the Dalai Lama calls “the true nature of things and events.” Discussions will explore theories of reality and being to guide students toward a deeper understanding of the ultimate truth known as pure wisdom. Though topics may at first seem esoteric, Fluid Spirit II works to strengthen our connection to others through compassion and love.

This weekend is filled with outdoor activities, asana practice, guest speakers and much more.

Pre-requisite: Fluid Spirit I

## Fluid Body II

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Move into and beyond the physical body, and explore the subtle energies at work in your yoga practice. Fluid Body II examines the personal body—how we hold and communicate with our physical body—through trigger point therapy and the release of emotional knots; the interpersonal body—how we are deeply connected to others—through advanced assisting, meditation and energy work; and the cosmic body, defined and refined through the practice of Yoga Nidra.

Fluid Body II encourages students to move beyond current conceptions and perceptions of the physical body. Activities focus on reading the body language of others and understanding energy work, as well as a guest lecture on body integration.

Pre-requisite: Fluid Body I