

# Spring Equinox Yoga Dreaming



“Yoga brings you to a place where you become established in your essence, the essence of the seer, and perceive correctly.” ~ Patanjali’s Yoga Sutra 1.3



## DREAMING

“Dreaming” is the practice that takes us into the transcendent realm, through *Atman Vichara* or contemplation on the True Self. Alternating between sleeping and meditative states we discover a profound opening to clear perception.

Dreaming helps us know the same essential truths found in all the sacred esoteric traditions around the world - that we are connected to the source of life itself, a reflection of creation, and we have huge potential to live from this awareness in every moment.

Asana, Pranayama and Mantra included.

**Date: Saturday, 3/ 17 - Sunday, 3/18, 2007**

**Time: 8pm - 9am**

**Cost: \$85**

**Place: Ginseng Studio**

**[www.ginsengyoga.com](http://www.ginsengyoga.com)**

*The masters knew what promise and gifts the silence of the night holds for the true seeker. We invite you to join us for this all-night practice and see for yourself.*



Led by Laura Plumb:

Co-founder of Deep Yoga, a yogic system based upon Hatha, Tantra

and Ayurveda, Laura is devoted to helping people release suffering and false identity to find freedom and the sacred pulse of creation and consciousness within. Her full bio is available at her website, [www.lauraplumb.com](http://www.lauraplumb.com)

Toltec teacher and author Brandt Morgan ([www.thunderheart.org](http://www.thunderheart.org)) will also be joining us.

*Please register through Ginseng ~ online or by calling: 619 338 9642*