

The Eyes that See Are the Eyes that Are Seeing

As an orientation to Richard's presentations [listen to his experiential talk](#).

Session 1: Saturday 9:00 AM-12:00 PM (3 hrs)

Yogic Meditation: Pure, Simple, Direct

Yogic meditation invites us to step through the door of the known and awaken to our essential nondual nature; to the underlying ineffable Mystery that is undeniable and ever-present, yet so often ignored because of its simplicity. Here, searching ends. Fear, suffering, and anxiety dissolve, and we discover unshakable, unchanging well-being, no matter our circumstance. This is the realization of unchanging enlightenment throughout all changing states of mind, body and world.

Join Richard in engaging the path of meditation through the teachings of nondual yoga, which entail periods of BodySensing movement, BreathSensing pranayama, guided meditation, self-inquiry, interactive dialogue, and direct pointing-out instruction of our essential nondual nature. These ancient wisdom teachings directly reveal our essential nature as the ineffable mystery of Being, Awareness, and Peace where we find ourselves at home in the world, no matter our circumstance.

Session 2: Saturday 2:15-4:00 PM (2¾ hrs)

Kernels of Truth: Core Healing and the Play of Opposites with the 7 Chakras

Sankalpas (*san*: heartfelt; *kalpa*: time) are core feelings within ourselves that provide our life with value, meaning and purpose. They enable us to live our highest purpose (*dharma*) that is in alignment with universal law (*ṛta*). *Vikalpas* (*vi*: to separate) – their opposites – are core beliefs that take us away (*adharma*) from living our heart's deepest calling and life mission.

Welcoming and responding to opposites of *sankalpas* and *vikalpas* is a fundamental teaching that needs to be interwoven into our practices of yoga. Learning how to welcome opposites enables us to live our heart's true purpose, and attain lasting peace, well-being, and liberation from suffering.

Join Richard as he presents how to heal core wounds amidst spiritual awakening through exploring underlying opposites of beliefs that are stored in our seven energy centers (*chakras*). Here, we awaken beyond our stories of separation and suffering into true health, healing, wholeness, and freedom.

Session 3: Sunday 9:00 -11:30 AM (2½ hrs)

Healing from Wholeness

As yogis, yoginis and yoga therapists, it's vital that we realize what it is about ourselves that is already and always Whole – that never needs healing, fixing or changing. With this understanding firmly in place, we can then address what does need healing in our body and mind.

Come explore essential inquiries that are part of the map of meditation that has been handed down to us through the ancient teachings of Patañjali, Advaita and Kashmir Nondualism. These central inquiries enable us to immediately recognize and directly experience our essential Wholeness and innate Well-Being that underlies all yogic approaches to true health, healing and awakening. These simple inquiries enable us to feel empowered and in harmony with ourselves; deeply seen, heard, and connected in every step of our yogic journey in physical and psychological health and healing and spiritual awakening.