



A weekend Retreat of Yoga Philosophy, Spiritual Reflection and Practice
with William K. Mahony, PhD.
September 27, 28, 29 2019

The Upanishads, the focus for this retreat weekend, are collections of sacred teachings from India that have inspired spiritual seekers for over two thousand years. The wisdom they hold can guide us as we deepen and refine our own spiritual lives in today's world. Their core teaching is that the divine power that joyfully and lovingly supports all that exists also moves within each of us at the deepest and truest level of our being.

Throughout the weekend, we will hear and discuss the magnificent teachings of the Upanishads as we reflect on questions we share with the sages who first taught them: What is the nature of this divine Presence that shines in the light of the heart? How can we come to know that light, immerse ourselves in it, and bring it forth? How can we more fully allow it to illumine our thoughts and perspectives, relationships with others, and our lives in the world?

The Upanishads teach we can become more open to that inner Presence through the practice of meditation. Our time together this weekend will include short sessions of meditation guided by the teachings of the Upanishads.



William K. Mahony, PhD. *William K. Mahony, PhD., is known internationally for his informed and warm teaching on yoga philosophy and practice that is accessible to students at all levels. Bill has published several books on the religions of India and has a deep appreciation for the yogic life grounded in nearly five decades of his own spiritual practice. He is professor of Religious Studies at Davidson College, where he has taught for 37 years. For more information, see his website: wkmahony.com.*

*Throughout the weekend, Angela Caplan and Jacki McCausland will help us integrate mind, heart, and body by leading us in some basic *hatha yoga* stretches and asana. Bring your yoga mat and props for Saturday & Sunday.

*There will be time to enjoy the beauty and quiet of Sweet Briar, a private home owned by Barry and Angela Caplan.

Retreat location: Sweet Briar 5126 Geneseo-Mt. Morris Rd., Geneseo, NY 14454

***Friday, Sept. 7 6:00-8:30 pm \$50 Early bird by Sept. 13: \$45. Philosophy talk, discussion and reflection.**

***Saturday, Sept. 8 10:00 am-6:00 pm \$160. Early bird by Sept. 13: \$145. A full day of philosophy talks, study, reflection and discussion with sessions of hatha yoga asana, pranayama, chanting and meditation. You are invited to take contemplative walks on the Sweet Briar grounds, and join us for a potluck lunch.**

***Sunday, Sept. 9 10:00 am-5:00 pm \$150 Early bird by Sept. 13: \$135. See Saturday description above.**

Entire weekend (Fri, Sat, Sun): \$340 Early bird by Sept. 13: \$310 Yoga Alliance CEU's available.

Mail-in Registration for Bill Mahony 2019 weekend

Name: _____ **Email:** _____ **Phone:** _____

Indicate day(s) or entire weekend: _____

Amount enclosed: _____

Checks payable to Shakti Yoga. Mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454

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