

Equanimity: Yoga & Mindfulness Meet

February 4, 2012 • 2 to 4:30 PM • \$30 (please register in advance)

Offered by: Ronda Pretzlaff Diegel, Ph.D., LP, E-RYT



Ronda is a fully Licensed Clinical Psychologist, Experienced-Registered Yoga Teacher, certified Enneagram teacher, & current student of the intersecting paths of yoga & mindfulness. She weaves together her skills as a yoga teacher & psychotherapist to create opportunities for greater self-understanding, compassion, & personal healing.

At this workshop, you will use gentle **asana** (postures), **pranayama** (breathwork), **dyad work**, **meditation**, & **mindfulness** (awareness of the present moment with acceptance), to broaden and deepen your personal experience of Equanimity (*upekkah* in the Pali language). Although this workshop builds on the past Namaste Brahma Vihara workshops, you do not need to have attended the previous workshops to attend. **All students interested in cultivating an Equanimity practice are welcome.**

“Equanimity is a spacious stillness of the mind, a radiant clam that allows us to be present fully with all the different changing experiences that constitute our world and life.” from *Loving Kindness* by Sharon Salzberg



309 S. Troy St. Royal, MI 48067
Namaste-Yoga.net 248.399.9642