

Mary Reilly

Teaching since 1982, Mary has been devoted to yoga and to the Iyengar tradition for over three decades. Mary has studied regularly at the Ramamani Iyengar Memorial institute in Pune, India and most recently studied there in November of 2018. Mary was certified at the Intermediate Senior II level personally by B.K.S. Iyengar. and directs North Woods Yoga, the B.K.S. Iyengar Center of Northern Michigan in Petoskey. (<http://www.northwoodsyooga.com>).

Leslie Dillingham Freyberg

Leslie has served on the faculties of the American Sanskrit Institute and with Patricia Walden's Training programs. She has studied Sanskrit with Dr. Edwin Bryant and the late Dr. Ram Karan Sharma. Leslie has also studied Vedic Chant extensively with Sonia Nelson and Deborah Kuryan in the lineage of T.K.V. Desikachar and Krishnamacharya. Leslie is a Certified Iyengar Yoga teacher.

Bob Gilbo

Bob studied Hindu philosophy with Ravi Ravindra and under Satya Narayana Das of the Jiva Institute in Vrindavan, as well as Edwin Bryant at Rutgers University. Bob edited Dr. Bryant's landmark translation and commentary on *The Yoga Sutra of Patanjali* (North Point Press, 2009). He has been studying Sanskrit since 2004 and recently returned from a yatra to sacred sites and studies with acharyas in South India.

योगाङ्गानुष्ठानाद् अशुद्धिक्षये

ज्ञानदीप्तिराविवेकख्यातेः ॥ २८ ॥

Upon the destruction of impurities as a result of the practice of yoga, the lamp of knowledge arises. This culminates in discriminative discernment.

-Yoga Sutra II.28 (Bryant translation)



May the lamp of knowledge lead us from darkness to the light within.

Happy Diwali!

North Woods Yoga

DIWALI:
"The Dawning of the Inner Light"

A Weekend of Asana, Pranayama,
Philosophy, and Chanting



November 4-7, 2021

with Mary Reilly, Leslie Freyberg,
& Bob Gilbo

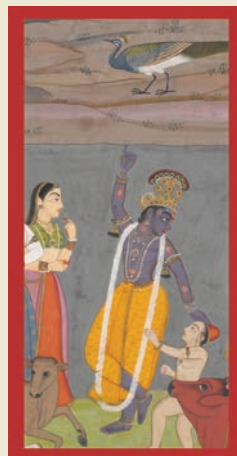
A Zoomed Event!

Join us for an auspicious weekend workshop beginning November 4th, the peak of the five-day celebration of Diwali. The festival of lights, symbolizing the victory of luminosity over darkness, is a joyous time of new beginnings.

We will practice asana, pranayama, and explore some chants and selections from the Yoga Sutra and Bhagavad Gita, suggesting ways to kindle our inner light as our days shorten.

Among the other celebrations coinciding with our workshop are Govardhan Puja (November 5), which commemorates Lord Krishna's role as a protector of nature, and Bhai Duj (November 6), which honors the bond between siblings and has become a time for familial and social reconciliation of all sorts.

Philosophy study and chanting materials will be sent to participants. Six months of study of Iyengar Yoga will be assumed in the asana and pranayama classes. Alternatives will be offered to accommodate different levels of ability.



DIWALI November 4-7, 2021

Mail Registration with check to:

Mary Reilly
5586 Fisher Road
Harbor Springs, MI 49740

Online registration and payment is available at
northwoodsyo.com/workshops.htm.

Name: _____

Address: _____

Email _____

Phone (cell preferred) _____

Please check which sessions you will attend:

Whole workshop _____

Thurs. 5:00 pm _____	Sat. 7:15 am _____
Thurs.. 6:00 pm _____	Sat. 9:00 am _____
	Sat. 10:45 am _____
Fri. 7:15 am _____	Sat. 2:30 pm _____
Fri. 9:00 am _____	Sat. 4:30 pm _____
Fri. 10:45 am _____	
Fri. 2:30 pm _____	Sun. 7:15 am _____
Fri. 3:30 pm _____	Sun. 9:00 am _____
Fri. 5:30 pm _____	Sun. 11:00 am _____

Amount enclosed _____

Schedule & Price

Whole workshop: \$250

90 minute sessions: \$30

60 minute sessions: \$20

All times are EST, Eastern Standard Time (GMT -5); please adjust accordingly if you will attend from another time zone.

Thursday, 11/4

5:00-6:00 pm | What is Diwali and How is it Celebrated? | Bob & Leslie

6:00-7:30 pm Asana: Quieting the Nerves | Mary

Friday, 11/5

7:15-8:15 am | Pranayama | Mary

9:00-10:30 am | Asana: Open Heart | Mary

10:45 am-12:15 pm | Yoga Sutras part 1 and Bringing in the Light | Bob & Leslie

2:30-3:30 pm | Dawning of the Inner Light chant | Leslie

3:30-4:30 pm | Yoga Sutras part 2 and What is Govardhan Puja? | Bob

5:30-7:00 pm | Asana: Creating Space from the Foundation | Mary

Saturday, 11/6

7:15-8:15 am | Pranayama | Mary

9:00-10:30 am | Asana: Building Backbends with Grace and Courage | Mary

10:45 am-12:15 pm | Legends of Bhai Duj and Cultivating Sattva | Bob

Gayatri Mantra | Leslie

2:30-4:00 pm | Asana: Restorative | Mary

4:30-6:00 pm | Bhagavad Gita Verses and Chants | Bob & Leslie

Sunday, 11/7

7:15-8:15 am | Pranayama | Mary

9:00-10:30 am | Asana: Simple, Joyful, Forward Bends & Twists | Mary

11:00 am-12:30 pm | Inviting Lakshmi, Goddess of Spiritual Wealth and Abundance | Bob & Leslie

For questions, please e-mail Mary at

maryreilly36@gmail.com.

After registration you will receive a link to the Zoom event.

Recordings will be available for a limited time after the event.