

September 2017 14-17 or 14-19 At the foot of Mount Etna
Study and Meditation Retreat
with Sally Kempton and Andrea Boni

Surfing Reality: The Transformative Journey

and the Yoga of Divine Energy **A Living Exploration of the Spanda Karikas** **(Verses on Pulsation)**

Certain teachings are innately transformative. The energy teachings of the Spanda Karikas are like a living depth-charge of awakening energy. When you take them in, they change not only the way you live your life, but also the way life lives you.

For information and registration: Carla Arosio (+39 3395965602) carla.arosio.22@gmail.com

The Spanda Karikas is a blueprint for living with the highest wisdom. Its pithy verses offer us both a vision and a practice for recognizing how the reality works, then moving with skill and grace through the challenges of our lives.

As Sally shows us how to apply these teachings to our lives, you discover the natural doorways into the infinite within your own body, mind, and feelings, and how to find the sacred in every moment and encounter of our lives. Sally unfolds key teachings from the Spanda Karikas, along with powerful practices and contemplative exercises designed to transform your consciousness from the ground up. This wisdom can change everything about your life--and draw you deeper and deeper into the experience of truth and love. The course includes meditations and contemplation practices that you can take into the situations of your life, and that will shift your awareness of everything you do.

Sally Kempton

Sally Kempton teaches at the cutting edge of ancient and contemporary wisdom, unfolding the energetic practices of the tantras in an atmosphere that creates space for real inner change. A former swami in a Vedic tradition, she has been teaching for nearly 40 years and is known for her powerful transmissions of meditative states. Sally is the author of the bestselling book *Awakening Shakti: The Transformative Power of the Goddesses of Yoga* and the bestselling book *Meditation for the Love of It*. Her most recent release is *Doorways to the Infinite*, an audio course on the great tantric text, *Vijnana Bhairava*. She also writes a popular column, *Wisdom, for Yoga Journal*.

Andrea Boni

Andrea Boni is an Anusara® Yoga Certified teacher. A dedicated mediator for over thirty years, he passionately teaches meditation throughout Italy and internationally to people of all levels. Through his intimate contact with the internal realm he engages with his students and the world powerfully, effectively and with great love. Additionally, Andrea has extensive knowledge of both sacred scriptures and the human body allowing him to guide students into an experience of meditation that is accessible, dynamic and profound.
www.andreaboni.it

You'll learn:

- How to discover and work with the subtle energies in your own body.
- The key understanding that helps us move through reality successfully-- even in hard times
- Discovering the pulsation of power that creates thoughts and feelings
- How to find the still point at the heart of movement
- Transforming emotions through the energy of emotions