

Intensive yoga teachings coming to South Tahoe

From Aug. 6-20, five teachers will bring The Missing Teachings of Yoga to the Echo Creek Ranch in South Lake Tahoe.

The intensive two-week training is led by renowned American Buddhist Monk Venerable Sumati Marut, whose popular Dharma teachings and Thanksgiving retreats have invigorated the South Lake Tahoe spiritual community for more than five years. The Missing Teachings of Yoga is a teacher training program as well as an opportunity for those simply interested in yoga to learn about the true methods and goals of the practice.

The program is designed to equally serve serious spiritual practitioners, teachers of all yoga lineages, and the general public, including students of Buddhism who wish to receive complementary teachings from the yoga philosophical perspective. The Missing Teachings of Yoga offers an exciting opportunity for in-depth study, practice, and celebration of all aspects of yoga.

Throughout the two weeks, Ven. Marut will provide a comprehensive overview of the Yoga Studies Institute's (YSI) Classics of Yoga curriculum which centers around three seminal texts of the yogic tradition: the Yoga Sutra, the Hatha Yoga Pradipika, and the Bhagavad Gita. In addition to these texts, Ven. Marut will teach a full course on the Ashtavakra Gita. Rarely taught in the West, this extraordinary text focuses on the figure of the jivanmukta, one who through yogic practice has been "liberated in this very lifetime." Lama Marut will offer a new translation and fresh interpretation of this Sanskrit classic. To complement these teachings Ven. Marut will also offer a valuable series of workshops on the art of teaching. In these workshops, Lama Marut will share a lifetime of teaching experience, imparting helpful tips and sage advice

about how to organize, structure, and teach Classics of Yoga classes.

In addition to Ven. Marut's classes, students will receive daily yoga asana and meditation led by master local teachers Brandy Davis and David Fishman. Brandy and David run Mountain Yoga in the Tahoe Keys Village and have dedicated themselves to bringing authentic teachings on Yoga and Buddhism to the South Lake Tahoe area.

Upon successful completion of the full training, one will be eligible to become YSI Classics Essential staff, and will have completed the Sanskrit requirement for full Classics Staff with YSI. For those who are not able to attend the full training, the program has been conveniently divided up into three separate shorter modules (Au. 6-10, Aug. 11-14, Aug. 15-20). Pricing for the retreat varies based upon lodging choice and length of participation. Complete schedule, pricing and registration information can be found at www.classicsofyogaretreat.com.