

## IRISH YOGA ASSOCIATION

### Continuous Professional Development Day

This day will focus on how to create compatibility between life in the world and spiritual perfection. How to live a yogic life? How to live a perfected and liberated human life? How to create a harmony between our inner and outer activities and experiences? How to express our divinity into our daily lives?

This day will isolate the assumptions that populate our daily lives and examine them for their usefulness. How do we position ourselves between the opposing tendencies in nature; a tendency towards a harmonised complexity and a tendency towards breaking apart? How do we express our own unique separate being and at the same time unite our individual consciousness with universal consciousness which is the core practice of Yoga; the union of the human individual with the universal and transcendent Existence?

## YOGIC ACTIVISM

With Marlene French Mullen

An invitation to revisit our perspective on Yoga.

This day will run on the 5<sup>th</sup> of December 2009 in **NUI Maynooth** – room to be decided.

9.30 am registration

10am till 1 pm workshop

1 pm till 2pm lunch

2pm till 4.30 pm workshop

This day intends to explore and provide ways for us to discover and maybe be confronted with our own very singular position regarding our life on this planet. Is there something in Yoga that asks the practitioner to take action?

“And do thy duty, even if it be humble, rather than another’s, even if it be great. To die in one’s duty is life: to live in another’s is death.”

Bhagavad Gita Sloka 35 book 3

We will approach this with the following tools:

- The reading of chapter 3 of the Bhagavad Gita
- Practical activities and games
- Yoga asanas
- Meditation practices
- Group discussion

We will explore the following topics:

- What is health?
- What makes a right action right?
- Karma and Dharma.
- What is spiritual health?

Fee 80.00 euros .

Please send in a deposit of 20 euros before 20 November 2009 to book a place to

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Karma yoga provides a framework for the path of Dharma (the path of the cosmic law). Karma yoga, or "meditation in action," is about poised living, where actions are performed in the spirit of sacrifice, and in the spirit of non-doing. One of the reasons we are in an ecological struggle is because the notion of "sacrifice" is forgotten. Karma yoga is recommended for this age of ecological disturbance. The point is that the notions of Karma and Dharma refer to the same experience. They go together like the notion of Shiva and Shakti. They are different notions because of the limitations of language. They are named differently to address the paradox of our existence.

One could possibly say that Dharma refers to the Ultimate reality and Karma to our individual awareness/experience of this reality. Dharma has no separate existence from Karma. They are not two separate entities. Karma is the world from the point of view of appearance and Dharma is the world from the point of view of Reality.

Karma does not block Dharma from view because they are one and the same.

Through an exploration of these concepts, her own approach to asana, and group activities and partner-work, Marlene will guide participants in an investigation of current ecological issues, and will explore some solutions.

Marlene and her husband Douglas run Sli na Bande, an ecologically sound home at Newtownmountkenedy in Co. Wicklow. They are both passionate about how to deal with the current issues confronting our society. Marlene and Douglas have built their house using environmentally friendly materials. They have planted 3500 deciduous trees on the 7 acres of Sli Na Bande, successfully clean their water with a natural reedbed system, and power their house with wind and solar energy. Their cars and central heating run on vegetable oil.

Marlene qualified as a Yoga teacher with the Irish Yoga Association and trained their teachers for many years. She has studied with Jenny Beeken, Donna Holleman and Patabi Jois and holds an Iyengar teachers certificate. Marlene has led a number of workshops on this subject in Ireland and at the European Union of Yoga annual Congress this year in Zinal Switzerland.

Diploma

M.Sc Psychoanalytic Psychotherapy U.C.D and B.A Philosophy and Psychoanalysis (Hons)