



This is CPD event



Introductory workshop to

AWARENESS

through the body
with Aloka Marti

7th & 8th June 2014

Root To Light Yoga Space, Tullamore, Co. Offally.

This workshop aims at:

- Offering the possibility to enter in contact with the basis and the way of working in Awareness Through the Body.
- Presenting a sample of the different types of exercises and activities we do, so that you can experience them in your body, integrate them and thus be able to bring them to your work/life.
- Providing possibilities for self discovery and inner growth.

The themes to be explored during this workshop :



Aloka Marti

- Attention and Concentration
- Different planes of Being
- Breathing
- Relaxation
- Sensory Awareness
- Plates

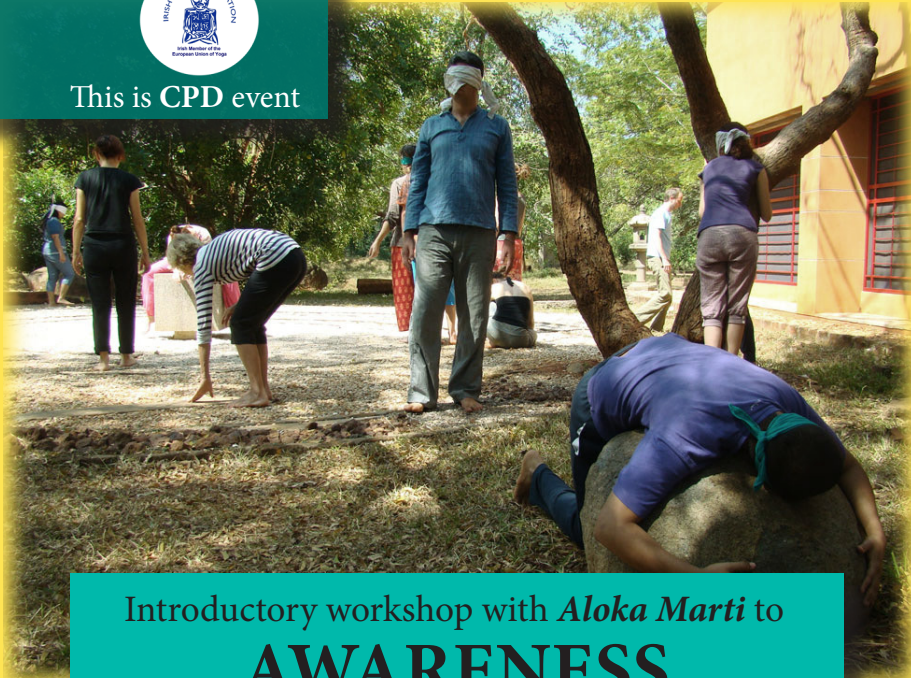
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AWARENESS
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Aloka Marti

Aloka lived in the Sri Aurobindo Ashram in the 70s where she taught contemporary dance to adults & children. She studied and practiced Hatha Yoga, Tai Chi and Breath Therapy.



In 1991 Aloka settled in Auroville, where she has lived ever since. In 1992, together with Joan Sala, they **created and implemented the Awareness Through the Body (ATB) program** in the schools of Auroville and they co-authored the Awareness Through the Body book.

Aloka has been giving workshops in ATB in Holland, Spain, France and the USA since 2002.

About Awareness Through the Body

ATB offers a wide variety of tools and opportunities to explore oneself; a safe space in which to explore awareness of being aware, a space away from daily life where all doing can stop and you can simply be, and reconnect to your Self.

Everyone can find their own way into self-discovery, opening the doors that lead to the richness within. To contact our inner being opens the way for inner growth and we come to perceive the world in a deeper way.

About the Introductory Workshop to ATB

The themes to be explored during this workshop are the key themes of the method:

- **Attention and Concentration:** Exercises to direct and focus attention, and to build the capacity for concentration.
- **Different planes of Being:** Theoretical and practical exploration.
- **Breathing:** Activities to develop awareness of the breath and how breath affects the different parts of the being.
- **Relaxation:** Exercises to enhance the capacity to consciously enter physical, emotional and mental relaxation.
- **Sensory Awareness:** Exercises to enhance the ability to sense.
- **Plates:** Introspective exercise that leads the participants to experience simultaneously the existence of an inner and outer space.

Aims of the Workshops

- Offering the possibility to enter in contact with the basis and the way of working in Awareness Through the Body.
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