

Spiritual Warrior With Lili Zohar
February 22nd, 10 a.m.-noon
Samadhi Center For Yoga
639 E. 19th Ave
Denver, CO

“The stillness in stillness is not the real stillness.
Only when there is stillness in movement can the spiritual rhythm appear
which pervades heaven and earth”

Ts'ai-Ken T'an (quoted in T. Leggertt *A First Zen Reader*)

The path of yoga and spiritual warriorship involves a fierce commitment to opening to what is present in each moment, with a clear mind and an open heart.

Join Lili Zohar for this two hour workshop which will focus on finding the spiritual warrior within. We will touch the stillness within movement through breath practices, meditation and a full series of postures designed to open our bodies, hearts and minds to the beauty unfolding in each moment.

Lili Zohar has been a practitioner of yoga for more than thirty years and a conflict resolution professional for the last 14 years.

Lili teaches yoga as a method of opening to the fullness of life, encouraging her students to tap into a place of creativity and flow from a deep connection to the body, mind and breath in each posture. Lili integrates into her teaching the Vedic scriptures, insights from the study of Kabbalah, Buddhism, and Sufiism, as well as poetry readings from the world's great wisdom traditions. Lili's classes are a vinyasa style that includes a meditative flow of movements and consciously aligned postures, integrating breath practices and meditative focus with a challenging and joyous physical workout.

