



The Piedmont Yoga Studio is pleased to present:

Heart as Guru!

with Mary Paffard

June 5, 2010

1:30 - 4:30 pm • Studio 2

\$60 registration



Join us for a practice focused in the hands, upper body and the heart, and the understanding that our true nature is unconditional love. We will use the heart meditations like Tonglen to assist with resistance and the sense of separation that can occur in even the most evolved of hatha yoga practices. Can we begin with an unconditional welcome to all that is there, maintain an inner dialogue that is honest and compassionate, and come home to ourselves as the guru?

This workshop will bring attention to backbending, inversions and twisting poses and is suitable for intermediate and advanced practitioners and teachers. It may be particularly helpful for those of us who can let the inner critic or the sense that one is never good enough, destroy the power of listening and receiving what is actually happening moment to moment.



Mary Paffard began her yoga journey in Europe in the early '70s. She has been teaching nationally and internationally since 1985. Mary's yoga practice and teaching are influenced by her commitment to vipassana meditation and the desire to unearth the inner guru in herself and her students. The breath, belly and the chakras have proved powerful mirrors in her exploration of the spirit in movement and stillness. She has been the Director of Teacher Training since 2000 at Yoga Mendocino, Ukiah. www.maryyoga.com

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Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____