The Majesty of Being
Yoga Intensive

with Meghan Currie

Amsterdam

13 - 15 JULY 2018

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The Majesty of Being

The Journey into Inner Sanctuaries

Majesty of Being is our natural state of rich abundant fuller than fullness. Where we find ourselves complete and more than enough, cozy and nourished from within. Nourished not from an idealized state of an idea of perfection, but rather, nourished deeply from the precision of each aspect of our life's circumstances unfolding as is. This state of rich Being can become lost territory due to all the noise of the daily life, the ideas and belief patterns we may have collected along the way, and accumulations of all of these informations held within the body-mind complex.

This weekend workshop is a journey home. Home to where the breath is. Home to where the symphony of life unfolds note by note, forever never replaying two melodies in the same way twice. Home is here, Now, as is. Come as you are, receive your own riches. The innate wealth upon which we all sit calls us back home.

This weekend will be a dynamic journey of re-establishing intimacy with breath, fluid conscious movement, nourishing reflection, integrative stillness, profound surrender and sweet meditations; all techniques collaborating to orchestrate our consciousness deep through the layers of self.

Session 1: Dimensions of Listening

With every physical action that we take, there is an equal effect that ripples just under the mainstream of what can be heard. We have an ability to pull our focus impossibly tight, like when listening to someone telling a secret in a loud room, to zoom in to amplify the smallest sounds.

Our inner capacity for hearing the usually un-hearable amplifies to new dimensions when we take time to really listen, not only to what can be easy to hear, but also to the most silent aspects of our experience. The most subtle strokes of the breath, the tiniest twinkling of our sensations, the most silent conversations of our inner layers. What can be witnessed with greater clarity is the grand symphony of life, forever playing, pulsating through us each moment, never two notes playing in the same way twice. To experience this through our sensational aspects helps us to re-member our magic. That

we too are made of pure mystery, genius, creative force, continuously playing our melody adding to the symphony, simply by existing.

On this journey, we discover the fullest dimensions of our inner world through developing our multidimensional skills of listening. Through breathing techniques, conscious slow fluid movement, stillness to feel, guided meditation and deep rejuvenating surrender, this class will open up awareness for the rest of the weekend to shine through.

Session 2: Space of Potentiality

When spiritual traditions speak of "opening ones heart," they usually mean opening the front aspect of the heart chakra. The front connects us to the manifest world, what is literally in front of us, and makes us more open in our heart-relations with the manifest world.

The back aspects of our heart chakra are equally as powerful and important as are the front. They are our connection to the un-manifest dimension from which the Manifest world manifests. They open us up to Divine love, trust that the universe has got our back and trust our life's journey unfolding. The back aspects are where we plug into our own source to receive energy and find our roots in our Being.

The front is our place from which we give to others and the world while the back is our source for receiving.

The Un-Manifest World is often spoken of as the invisible, hidden dimension that lies behind the manifest world. Its the realm of potentiality, that connects us to our past, our lineage, our ancestors, the collective history of humankind.

"potentiality is paradoxical. The paradoxical nature of potential is that it includes both what has not yet manifested, and what has already manifested. Our past is not gone; it's part of our potentiality because it affects what we bring forward into actuality in so many ways. In this sense, the back of the chakras connects us to our past, our lineage, our ancestors, the collective history of humankind, and so on."

-Jim Kepner

This journey will be an unfolding of the rich aspects of life from the back space of the body, and an exploration of the effects of shifting from primarily front focus (manifest) to back body (potential). Physically we will explore "heart openers" initiated from the support of the backspace. Receiving rather than striving, allowing rather than pushing moving from the power of Being rather than doing.

Session 3: The Deep Steep: allow, allow, allow

The word steep implies no poking, pushing, prodding, forcing, squeezing, squishing or trying. Like steeping herbs in hot water, no need to add or subtract anything to make the infusion of the medicinal properties of the herb more complete.

When we really stop and drop all efforts and allow ourselves just to be, as we are, without any need to poke, prod, fix, squeeze, try, do, add or subtract- where we find ourselves is in a state of deep steep, a state of simple Being. This is one of the most delicious and powerful skills we can acquire.

We can easily get caught in the idea that we are not enough, that something is missing from our life or our composition and that when we get that one thing everything will be complete. What we forget is that we are already far more than enough. We hold all the medicinal properties we long for, all we need to learn to do is steep in them and receive their medicine.

This nourishing journey is about dropping all doing and allowing ourselves just to Be. Through a mix of Yin, Restorative and Yoga Nidra, breath work and guided meditation we will travel to the sub conscious and parasympathetic aspects to allow the deepest most profound kind of medicinal infusion.

Allow allow allow.

Session 4: The Journey

The Journey is a never ending process that deepens with each breath, just as in any relationship to a friend, lover, animal, earth or cosmos. If we can remember to stay awake, remembering the universe has got our back, this immediately Re-members us.

To re-member is to allow reconnection to our highest wisdom, potent intuition and majestic Being-ness. Re- membering to wake up to this moment now, and to stay awake, through as much of the journey as possible.

On the journey of our lives, we will not know exactly where we are going, where we will end up, who we will meet or what we will learn along the way. On our journey we have many guides, tools and skills that are collected to help us to courageously stay awake to receive each moment with naked eyes and fresh perceptions, receiving it all anew. The journey of a lifetime is one of surprise after surprise being revealed in order that we discover ourselves to be more powerful, intelligent, magical and amazing than we might have believed ourselves to be.

This unfolding journey will be an integration of all the previous skills learned in each workshop, combined fluidly with delicious intentional sequencing, breath work, guided meditation, deep juicy stillness- all to assist in deep assimilation of all the nutrients, practices, teachings and insights of the weekend.

The Teacher

Meghan Currie

Meghan Currie is electric, potent, infectious. She is a creator, moulding the light and dark within herself into yoga classes and art which are expansive journeys through inner layers. She works with the powerful healing mechanisms of the body-mind, intuiting higher truths, deeper stories, in the service of revelation.

What to expect

There is a depth, an intensity to the experience of each practice with Meghan. Deliciously composed, intentionally sequenced, beautifully fluid; It is a journey through inner layers to heart and to truth. This kind of journey is revelatory, which means it shows you everything; Whatever there is inside of you that you have avoided or forgotten.

It is a process of unwinding, as though you were a tangled ball of yarn, each day bringing a new section of yarn to be worked, with love and patience and acceptance. Each day you practice a surrendering to the emotions that rear, and an openness to receive the lessons they offer.

Meghan will teach you to tap into your authenticity, your truth. She will show you that at the very heart of your tangled ball of yarn is something very important, some golden thread of wisdom that only you are able to reach, and pluck out, and show to the world.

Lunch

After the last class on Sunday, we go to the park (across the street) to enjoy a delicious vegan lunch together. We think enjoying good food, sunshine, conversations with new and old friends is the best way to end a yoga and love filled weekend together!
So, take this into consideration when booking your travel and give your self some space to hang out in the park with us!

Location

We will gather in the stunning Vondel church, located right at the entrance of the famous Vondelpark. Located in a beautiful part of town the Vondelchurch, designed by Cuypers, is easy to get to with public transportation.
The church offers unique gothic architecture, colorful wall and ceiling paintings and a cozy atmosphere.

Combined with a group of yogis and an amazing teaching magic happens here!

On Sunday, after the last class, we will go to the famous Vondel park to enjoy a delicious vegan lunch together.

Teaching Schedule

Friday 13 July
18:00 - 20:30 hrs | Session 1: Dimensions of Listening

Saturday 14 July
10:30 - 13:30 hrs | Session 2: Space of Potentiality
15:30 - 18:00 hrs | Session 3: The Deep Steep: allow, allow, allow

Sunday 15 July
9:30 - 12:30 hrs | Session 4: The Journey
13:00 hrs | Lunch in the park

Value

YOGA INTENSIVE PACKAGE INCLUDES	INVESTMENT
* 11 teaching hours	€279,-
* Vegan Lunch on Sunday	

Booking & Cancellation Policy

To secure your booking a full payment of the registration fee is required.

Cancellations:
You can cancel your booking at any time and notification must be given to Global Flow Retreats in writing by sending an email to: info@globalflow.org

Regardless of the reason for the cancellation, the cancellation fee will be calculated as follows:
* Notification received more than 60 days before the start of the event: 30% of the full fee + €25 administration fee
* Notification received 31-60 days before the start of the event: 50% of the full fee + €25 administration fee
* Notification received less than 30 days before the start of the event: 100% of the full fee.

How to get there

The intensive takes place at:
Vondelkerk (church)
Vondelstraat 120
1054 GS Amsterdam

Public transportation:
From Central train station:
Take tram 1, get off at stop Overtoom / Constantijn Huijgenstraat. When you get off you cross the street and walk into the Tweede Constantijn Huijgenstraat in the direction of the Vondelpark. You will see the church at the end of the street.

From Sloterdijk:
Take tram 12, off at stop Overtoom / Constantijn Huijgenstraat. When you get off the tram, you cross the big crossing with traffic lights in the direction that the tram is going. Take the first right after the crossing, you walk into the Vondelstraat and will see the church at the end of the street.

What to bring

We suggest you bring items with the ecological friendly nature of the event in mind.
Here are some items to remember:
- refillable water bottle or tea cup
- yoga mat
- blanket or sheepskin
- a scarf or large shawl
- notebook and pen
- any additional props you like to use that you can travel with.