



SEATTLE YOGA ARTS
Refine Your Practice



PAUL MULLER-ORTEGA PRESENTS: THE TANTRIC YOGA OF THE EXTRAORDINARY CONSCIOUSNESS

FEBRUARY 27-28, 2010 • 10AM-1PM & 3-6PM (BOTH DAYS)

PURPOSE

To learn to locate the thrilling inner current of divine Shakti, to align ourselves more and more with its liberative power: this is the true work of Yoga. When we cultivate a profound understanding that is made immediate and real by profound experience, then the great Eye of Wisdom opens for us. Thus we begin to drink the fiery nectar of Consciousness and our daily world becomes illuminated by the extraordinary.

In this powerful weekend immersion, renowned scholar and teacher Paul Muller-Ortega will take us on a journey of experiential discovery into the core teachings of Tantric Yoga. The focus will be the fundamental principles of Svatantra: the Tantric teaching of the ultimate freedom of Consciousness, as well as a simple set of practices that will help us incorporate these principles into daily life. During the weekend we will meditate, chant, and delve deeply into essential themes including:

- *How can I attune myself to the inner pulsation of the Shakti?*
- *How can I transform and transmute suffering into bliss?*
- *What is adult spirituality?*
- *How can I release energies of contraction and limitation that may be blocking me from having deeper and more profound experience?*
- *How can I make every day an occasion for growth, service and fulfillment?*
- *How can my spiritual practices make a real contribution to the enlightenment of the planet?*

Whether you already practice Yoga and meditation, or are simply interested in learning more about the path of spiritual growth, join Professor Muller-Ortega for this dynamic and inspiring weekend experience.

ABOUT PAUL

Professor Paul Muller-Ortega, Ph.D., is recognized internationally as one of the world's most highly respected and renowned academic scholars in the field of Indian Religion and Hindu Tantra. He is the founder of **Blue Throat Yoga** which teaches the elegant Svatantra philosophy of Kashmir **Shaivism** along with the practice of **Neelakantha Meditation**. He has taught meditation to thousands throughout the world, as well as served as Professor of Religion at Michigan State and the University of Rochester. Professor Muller-Ortega is a charismatic teacher who takes his students on a profound guided tour of consciousness that is life-changing and enlightening.



*You contain unimaginable magnificence
inside of you and that magnificence
must reveal itself.*

*Practice the great path of return.
Practice the great journey of ascension.*

Practice the great crossing.

*Merge with the transformative grace
of the divine Shakti.*

— Paul Muller-Ortega

REGISTRATION

The cost for this weekend immersion will be \$225. Please register online at www.SeattleYogaArts.com or send full payment to: Seattle Yoga Arts, 109 15th Ave E, Seattle, WA 98112.

QUESTIONS

For more information, contact Desiree at Desiree@SeattleYogaArts.com or **206.440.3191**.