

Spiritual Embodiment through Zen Yoga

With Ellen Seigyoku Peterman

Wednesdays, 7:30pm – 9pm

Ellen's classes revolve around individual, personal guidance and include meditative movement and gentle, attentive breath-work, as well as traditional yoga postures. She encourages students to be fully present in their bodies, sensing movement, postures and their personal reactions rather than orienting themselves to achieving such arbitrary external goals as degree of extension, duration, or an idealized alignment.

Her approach to yoga practice is intended to help participants enter into body-mind union with the experiential moment. This state is both meditation and awakened wisdom.

Her work enables students to apply the practice of presence in movement and stillness, on and off the practice mat or zafu, in every aspect of their lives. Her classes help people feel more grounded, alive, strong and at ease in their bodies regardless of their physical situation.