



Seane Corn: The Three Realms of Consciousness:

Continuing Education &
Vinyasa Intensive

April 2 - 3, 2010

Seane Corn has been motivated by yoga and Spiritual self-reflection since the late eighties. Her style is evident in her unique self-expression, and as an eloquent and inspired communicator, her vinyasa classes are an eclectic fusion of various healing and Spiritual modalities making them challenging, intuitive, insightful and uplifting.

A long time activist for various political, social and health efforts, she continues to use her influence and national platform as a yoga teacher to raise awareness and money. In 2000, she created the yoga program at Children of the Night, a shelter that houses and educates adolescent prostitutes.

Schedule:

Fri. 4/2: 8:30 - 5:30p

Sat. 4/3: 10a - 1p and 3 - 6p

Price: \$250 (\$230 before March 15)

Friday Only: \$150.00

Saturday: \$60 each session

Space is limited and we
expect this event to sell out

Learn and/or rediscover the fundamental principles of vinyasa flow yoga and how to teach and practice it in a responsible, creative, and heart-centered way. This training introduces the three realms of consciousness--physical/mental, energetic/emotional, and psychic/symbolic--and how to utilize these principles in your personal practice and the classroom. Applying these tools can help you to practice more clearly and intelligently, maintain an organized and well-paced vinyasa sequence, use spiritual themes to facilitate insight, and guide yourself and students to reach into the heart through intention, reflection, and prayer. This training is designed for students and teachers who are open to the journey of yoga beyond the body and into the character, heart and mind.



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