



AN EVENING WITH
ARTHUR KILMURRAY
THE YOGA OF AWAKENING

MAY 20 MONDAY 6-8:30 PM

THE YOGA CENTER

449 FOREST AVE PLAZA, PORTLAND
774-YOGA (9642) WWW.MAINEYOGA.COM
\$50- PLEASE REGISTER EARLY- SPACE IS LIMITED

WE ARE SPIRIT EMBODIED WHICH LEADS TO SENSATION, WHICH LEADS TO LIKES AND DISLIKES, WHICH OVER TIME BECOME BELIEFS. THIS EMBODIMENT CAN GET MESSY AND COMPLICATED. ARTHUR HAS BEEN INVESTIGATING ALL THIS STUFF OF LIVING THROUGH YOGA AND MEDITATION IN ORDER TO BECOME AWAKE AND AWARE. COME EXPERIENCE THE DEEP STILLNESS OF SPIRIT BALANCED WITH THE MOVEMENT AND SENSATIONS OF EMBODIMENT. IT IS A SIMPLE PRACTICE PERFORMED ONE BREATH AT A TIME!

ARTHUR KILMURRAY IS ONE OF THE MOST INNOVATIVE AND UNIQUE YOGA INSTRUCTORS IN THE US. HIS CLASSES ARE EXPLORATIONS IN SOMATIC AND SELF-INQUIRY THAT USE MEDITATION AND YOGA POSTURES AS ENTRY POINTS FOR AWAKENING TO THE TIMELESS FLOW OF ALIVENESS. ARTHUR'S CLASSES ARE SEEDED WITH PEARLS OF WISDOM FROM THE WORLDS OF ANATOMY AND PHYSIOLOGY, NEUROSCIENCE AND COSMOLOGY, THE YOGA SUTRAS, VEDANTA AND BUDDHIST PRACTICES AND THE NATURAL WORLD IN ALL HER GLORY AND WONDER.