



AN EVENING WITH

ARTHUR KILMURRAY

YIN, YANG AS YES AND NO:

A NON DUAL APPROACH TO PRACTICE AND LIFE

MAY 7 MONDAY 6-8:30 PM

THE YOGA CENTER

449 FOREST AVE PLAZA, PORTLAND

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\$50- ONLY \$45 IF REGISTERED BY MAY 3

THE YES/NO IS A WHOLE LIFE APPROACH, LIKE PARENTING. CAN WE SAY YES TO THE INNATE DIVINITY OF CREATION, AND AT THE SAME TIME SAY NO TO THE UNHEALTHY EGO DRIVEN ACTIONS?

CAN WE USE THE PATH OF 'NO', OR NETI NETI IN SANSKRIT: I AM NOT MY BODY, I AM NOT MY THOUGHTS, I AM NOT ANYTHING THAT IS TRANSIENT OR IMPERMANENT - AND STILL SAY 'YES' TO WHOLENESS?

THIS IS IN COUNTERPOINT TO THE "RESIST" MOVEMENT, WHICH, ON ONE HAND SEEMS REASONABLE AND NECESSARY, BUT ACTUALLY PERPETUATES THE FUNDAMENTAL PROBLEM WHICH IS A DUALISTIC MIND SET, USING DIVISION AND SEPARATION TO DEFINE ONESELF.

COME EXPLORE THIS NON-DUAL APPROACH USING THE MICRO-COSMIC ORBIT AS A MAP FOR MEDITATION, ASANA, BREATHING AND LIFE EXPLORATION.