

Shakti Yoga presents....



## THE NATURE of DIVINE LOVE

*A Weekend Retreat of Yoga Philosophy and Practice*

with **William K. Mahony**

**September 8, 9, 10 2017**



**Heart-centered spiritual practices can open us to the experience love: for the world, for others, for ourselves, for life itself, for divinity. The complexities and possibilities of life's journey give us an opportunity to strengthen, deepen and clarify this love. In this weekend retreat we will reflect together on that nature of a divine Love that is the true foundation of life and that can stand as the basis of a deep yogic practice.**

Bill Mahony returns to Shakti Yoga for this weekend retreat to guide us in reflecting in a contemplative manner on the nature of Love and on ways yogic practice can open our hearts to it. As a way to focus our time together, we will study selected passages from the *Narada Bhakti Sutra*, a 10th-century text from India on the nature of spiritual love, and talk together about how we bring its perspective to our contemporary lives as yogis and yoginis.

*\*Angela Caplan and Jacki McCausland will help us integrate mind, heart and body by leading us in some basic hatha yoga stretches and asana throughout the weekend which will orient us toward the experience and expression of Love.*

*\*Our retreat will include periods for practice of meditation and there will be time to enjoy the beauty and quiet that envelops Sweet Briar, which is a private home, owned by Barry and Angela Caplan.*

*\*We will also experience the delight of singing devotional kirtan together guided by Sonam Targee.*

**\*Friday, Sept. 8, 6:00-8:30 pm \$45 Early bird by Aug. 25: \$40. Philosophy talk with discussion and reflection.**

**\*Saturday, Sept. 9 10:00 am-6:00 pm \$145 Early bird by Aug. 25: \$130. A full day of philosophy talks, study, reflection and discussion with sessions of hatha yoga asana, pranayama, chanting and meditation. You are invited to take contemplative walks on the Sweet Briar grounds, and join us for a potluck lunch.**

**\*Sunday, Sept. 10, 10:00 am-5:00 pm \$125 Early bird by Aug. 25: \$110. See above description.**

**Entire weekend (Fri, Sat, Sun): \$300 Early bird by Aug. 25: \$270**

**Retreat Location: Sweet Briar, 5126 Geneseo-Mt. Morris Rd. Rte 63, Geneseo, NY**

**Call 585-703-3985 for more information.**

*William K. Mahony, PhD, is known in the international yoga community for his informed, warm and accessible teaching. He is author of several books, the latest being "Exquisite Love: Heart-Centered Reflections on the Narada Bhakti Sutra". He has written numerous other books and articles on the religions of India and has a deep understanding for the yogic life grounded in over four decades of his own spiritual practice. Bill is Professor of Religion and Chair of the Religion Department at Davidson College in North Carolina. For more information, go to: [www.wkmahony.com](http://www.wkmahony.com).*

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### **Mail-in Registration for Divine Love Retreat 2017**

**Name:** \_\_\_\_\_ **Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Indicate day or entire retreat weekend:** \_\_\_\_\_ **Amount enclosed:** \_\_\_\_\_

**Checks payable to Shakti Yoga. Mail to: Shakti Yoga, PO Box 515, Geneseo, NY 14454 585-243-5240**

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