



April 25–30, 2010 Sunday–Friday

Gravity and Grace: Yoga for Finding Your Inner Teacher

Peter Sterios and Masood Ali Khan

In this hatha yoga program, you will discover and strengthen your ability to balance gravity and grace—ever-present tools that uncover physical and mental limitations and heighten present-moment awareness. Through strengthening awareness of the subtle body, you will naturally begin to resolve limitations and awaken infinite creativity. With experienced yoga guide Peter Sterios and mystical live music provided by Masood Ali Khan, we will learn to

- Harness the subtle external force of gravity
- Educate our bodies and sharpen our attention toward the internal call for surrender while meeting physical resistance
- “Tone” intuition and build trust in the feeling centers of the heart and gut
- Awaken the subtle internal force of grace, which appears when guidance comes from an inspired source much greater than ourselves, even in the face of psychological resistance
- Develop and trust our “inner teacher” as we cultivate a truly personal practice and wisdom born of our own experience.

Students at all levels will discover powerful ways to activate the body's feeling centers for healing and rejuvenation.



Peter Sterios lives and teaches in San Luis Obispo, California. His classes reflect more than three decades of study and practice in the United States and India. A writer and former contributing editor for *Yoga Journal*, Peter teaches workshops and teacher trainings throughout North and Central America, Europe, and Asia. His first yoga DVD, *Gravity & Grace*, was released in 2007 and honored as “one of the top 15 yoga DVDs of all time” by Richard Rosen of *Yoga Journal*.

www.petersterios.com



Masood Ali Khan, a world traveler of Indian descent, has been involved with the dance of music and yoga for more than 16 years. He plays percussion, didgeridoo, and a unique instrument called the Hang. His sound is reminiscent of classical Indian music and steel drum, moving listeners to a place of calmness and serenity that encourages the spirituality of human nature to be revealed. Masood, or “Moose” as he is known, will be accompanying all asana classes in the Gravity and Grace workshop. www.masoodalikhan.com

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