

The Glorious Body

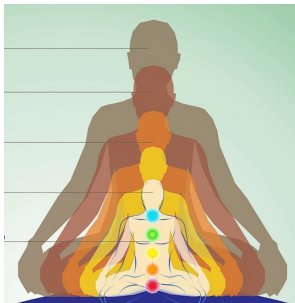
An Alchemy of Consciousness, Energy and Substance

The workshop is for anyone who likes, needs and wants to move within a spiritually transformative, deeply meditative and precise dance healing art.

March 4th 12:30-17:30 or May 27th, 12:30-17:30



Phase 1: Mudrasana, The Five Elements and the Five Bodies



Tantra-Yoga theory and practice provide a living framework of a five-bodied system called the five sheaths or koshas in Sanskrit.

From the most hard and dense material, earthly level, to the formless emptiness of infinite space, *ether*, our being lives, moves and rests simultaneously, growing, glowing and flowing on five levels.

The five koshas are brought directly to our living perception through the practice of Mudrasana. While sitting comfortably in chairs we explore the intimate relationships between consciousness, energy and substance to understand how our mind, heart and especially our physical body may open to effectively receive, contain and radiate the truth of each of the five levels.

Using guided movement to deepen our observation and listening and enrich our spontaneous expression, we will explore the five primary sheaths or layers that constitute the complex unity of our material and spiritual being.

At the deepest level is the solid, mineral, **earthy** physical sheath of matter (*anam*), called the *anomayakosha*.

The second one above the first is the fluid, vegetable, **watery** energetic sheath of life (*prana*), the *pranomayakosha*.

Third, is the forceful, animal, **fiery** power sheath of mind (*manas*), also called the mental body, the *manomayakosha*.

Fourth, is the relational, human, **airy** knowledge sheath of the psyche (*vijnana*), the *vijnanomayakosha*.

At the highest level is the silent and vast **etheric** bliss sheath of the infinite spirit (*ananda*), the *anandamayakosha*.

Phase 2: Dancing Astrology



The central truth of Astrology is that each of us in our mind, heart and body is all twelve signs of the Zodiac, in all their abundance and variety.

In our being we are:

the **Seeing** and **Undergoing** of instigating **Aries**, the *Earthy Fire* – **Impetus**
the **Solidity** and **Malleability** of accommodating **Taurus**, the *Watery Earth* – **Poise**
the **Relating** and **Articulating** of partnering **Gemini**, the *Earthy Air* – **Speech**
the **Feeling** and **Forming** of nourishing **Cancer**, the *Earthy Water* – **Provision**
the **Concentration** and **Radiation** of self-asserting **Leo**, the *Watery Fire* – **Strength**
the **Assembling** and **Refining** of beautiful **Virgo**, the *Airy Earth* – **Measure**
the **Distributing** and **Focusing** of balancing **Libra**, the *Fiery Air* – **Valuation**
the **Rhythm** and **Renewal** of passionate **Scorpio**, the *Fiery Water* – **Stimulus**
the **Propelling** and **Aspiring** of idealistic **Sagittarius**, the *Airy Fire* – **Direction**
the **Limiting** and **Endeavoring** of hard-working **Capricorn**, the *Fiery Earth* – **Structure**
the **Descending Play** of high Aquarius, the *Watery Air* – **Freedom**
the **Absorbing Inclusiveness** of peaceful **Pisces**, the *Airy Water* – **Unity**

As the four elements Air, Fire, Water and Earth combine with each other to make twelve archetypes, we dance, feel and become each of the twelve ways of being thus discovering who and what we are and how we may grow into richness and wholeness of the matrix of the twelve.

A variety of musical styles supporting the different genres of dancing are woven into the study and practice of each of the twelve body/soul dimensions of the zodiac. The dancing is initiated through guidance and grows through spontaneous exploration and expression. There will be plenty opportunity to interact, to be inward, to discuss and to process non-verbally as we evolve our power, joy, precision and peace within the richness of the cosmic dance.



Workshop cost: €55 12:30pm-17:30

Questions, more information, and registration: mudrasanapractice@gmail.com Tel: 0683259800

More info about the center www.mudrasana.nl

Mikael Spector, born in the USA, grew up between Israel, America, India and Holland, and resided extensively at the Sri Aurobindo Ashram in Pondicherry and in the International township of Auroville, South India. Practicing, teaching and living the Integral Yoga of Sri Aurobindo and the Mother, along with Ayurveda, Tantra, Kabbala, Astrology, Dance, Meditative Movement, Body/Energy work and Merkavah Activation, Mikael inspires and guides us worldwide to embody delight of awareness in being, and for this purpose has developed a practice called MudrAsana.

Based in the Netherlands, he conducts workshops, courses and individual sessions supporting seekers of knowledge and of healing, yoga practitioners, dancers, healers, and students of the mystical, in their self empowerment and evolution.

