

The Journey of Yogic Presence

Dharana, Dhyana, Samadhi



JOSH BRYANT



JUNE 6th 1-5pm \$108

An afternoon devoted to the heart of the yogic imagination. Live musical improvisation, nāda yoga, guided somatic meditation, mantra and ecstatic yogic poetry offer portals into self-discovery, deepening layers of consciousness, and presence. We approach asana, pranayama, and the final three limbs of Patanjali's *Yoga Sutras* not just as techniques, but as instinctive pulsating realities of being human. Breath, movement, and mind are invited into a resonant stream of wonder, possibilities for healing, and illumination.

JOSH BRYANT

M.Div. Harvard Divinity School

Josh is a healer and artist specializing in meditation for the modern mind and trauma-informed somatic practice. He holds a Masters Degree in Buddhist Ministry and Spiritual Counseling from Harvard Divinity School. Josh is a certified Nondual Healer, VortexEnergy Healer®, Tibetan Mantra Healer, Continuum Practitioner, and Yoga Teacher. Josh has trained with leading contemporary figures in the yogic and healing arts including: Tulku Thondup Rinpoche, Emilie Conrad, Francois Raoult, Susan Harper, Dr. Nida Chenatsang and Dr. Lorin Roche. Josh is dedicated to the creative exploration of healing as a human birthright. He is the founder of Nondual Movement and the imprint drolö press, which publishes his meditation verses, songs, and texts.

5 Arnold Park, Rochester, NY
yogawave108@gmail.com
nondualmovement.com



Please, pre-register online:
www.openskyyoga.com