

BEYOND PRESENCE:
Ripening into
Consciousness

Judith Hanson Lasater

SEPTEMBER 26-27, 2026

Sat-Sun, 10:30-1:00 & 2:15-4:30

Yoga philosophy teaches us that the world is a sacred place because everything contains at least a drop of consciousness.

A famous saying states: "Awareness sleeps in the stone, dreams in the flower, awakens in the animal, and flowers in the human being."

How can we nourish our own flowering of consciousness?

We start with becoming Present.

Presence is the beginning of our spiritual journey.

The practices of yoga, especially asana, pranayama, and meditation all point to this. Consciousness, this Presence. It is up to us in our own yoga to trust this flowering and to cultivate our recognition of the sacred that exists within us.

In this workshop we will begin each day with short talks and discussions on our topic, then proceed to soft active Asana practice. The afternoons will focus on Restorative yoga, pranayama, and sitting in stillness.

Our overall focus will be on unveiling our own Presence.

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\$295

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Judith Hanson Lasater, Ph.D., P.T., is a Physical Therapist and holds a doctorate in East-West Psychology. Judith has been teaching yoga since 1971, has taught on 6 continents and in almost every state in the USA.

She has been teaching in Rochester on a regular basis since 1988.

Judith is the author of 11 books, the most recent is *Teaching Yoga with Intention*.

www.judithhansonlasater.com
www.restorativeyogateachers.com

Please, pre-register at www.openskyyoga.com to reserve your space.