



William K. Mahony, PhD, is known in the yoga community for his informed, warm and accessible teaching. In addition to "Exquisite Love," Bill 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. He is Professor of Religion and Chair of the Religion Department at Davidson College.

Schedule:

Friday, February 24,
6:00-8:00 pm
Philosophy of a Heart-Centered Yoga Practice

Saturday, February 25,
9:00 am-12:00
Characteristics of Bhakti as Higher Spiritual Love

Saturday, February 25,
2:00-5:00 pm
Practices that Elevate a Heart-Centered Yoga

Sunday, February 26,
9:00 am-12:00
Fruits of a Yogic Life Illumined by Love

**Return toward the Highest:
The Spiritual Refinement of the Loving Heart**

**A Weekend of Sutra Study, Discussion,
Asana and Meditation**

February 24-26, 2012

With Bill Mahony Author of

***Exquisite Love: Heart-Centered Reflections on the
Narada Bhakti Sutra***

This weekend gathering will give those in the Asheville area who have read *Exquisite Love* an extended opportunity to reflect together with Bill on what it is to live a life oriented toward increasingly higher levels of spiritual love. This will be a combination of both book discussion and workshop in yoga philosophy and practice.

Those who have not read this book are most warmly invited to participate, too. The only requirement is an open mind and heart.

With Bill leading our discussion based on selected sections from his book, we will talk about ways in which we can more fully open ourselves to the graceful Love that affirms and supports us at the core of our being so that we can delight in it more deeply and continuously.

So, too, we will talk about ways in which we can refine and elevate our response to that Love so that it can more fully illumine our own love for others, for ourselves and for life itself.

This will be a memorable weekend of thoughtful conversation and contemplation on the nature of a yogic life grounded in Love. As a way to integrate the contours of the body, mind and heart, our sessions will include light asana practice and periods of meditation. We hope you join us.

Asana Practice with:

Joe Taft and Deirdre Smith Glimer

**\$45 per Session Participants may sign up
for the whole workshop or by session.**

To Register: www.Theyogabarn.net

The Town and Mountain Training Center, 261 Ashland Ave., Asheville, 28801

