



Planting Seeds of Intention: Immersion into Tantra Yoga

with internationally acclaimed teacher, author, musician, and founder of Ashaya Yoga, Todd Norian

Cambria Lakeside Resort, Lake Placid, NY

May 3-5, 2024

We all have an inner urge to grow. It's the urge to transform and evolve our consciousness beyond previously held limits. We all want to live our dream, but we get blocked by doubt, anxiety, and self-limiting beliefs. This makes life feel overwhelming and sometimes unbearable. We need to step back, let go, and get a wider view. We need to plant new seeds of intention, to shift us out of old habits we no longer need, so that we can believe in ourselves again – believe in life again.

Join Todd for this deep immersion into the depths of your being where you tap into the power of your intention. You will recognize that every cell is preprogrammed for evolution and that you are already supremely free with the power to change your mind and change your life.

During this immersion, you

- Learn the inner alchemy and power of intention according to the Tantric teachings.
- Release self-limiting patterns and beliefs that hold you back.
- Build strength and flexibility through the alignment-based, heart-centered Ashaya Yoga. • Cultivate deep peace through breathing, mantra chanting, meditation, and Yoga Nidra (yogic sleep) • Receive hands-on adjustments to improve your alignment and find more ease in the poses. • Enjoy Todd's music and chanting of mantras and invocations.
- Practice alongside a supportive community of other heart followers who are ready and eager to be in the full richness of life.

By the end of the weekend, you'll feel nourished, supported, and re-inspired to shine the light of your heart out into the world.

Ashaya Yoga is an accessible, therapeutic, and safe practice for all levels of beginners to advanced yogis. Modifications are given and you're encouraged to go at your own pace.

Recommended reading: *Todd Norian, Tantra Yoga: Journey to Unbreakable Wholeness, A Memoir;*

Fri. 7-9 p.m.

The Power of Intention: Open to the Infinite

You are the seed of the infinite universe waiting to be planted. During this session, you'll set your intention and release into the infinite space within. Practice includes gentle stretches, standing poses, restorative yoga, mantra chanting, meditation, and a deep guided relaxation.

Sat. 930 a.m.- 12 p.m.

Embrace the Shell: The Secret Blessing of Resistance

We are like a seed in a shell. The shell conceals the seed and protects it, keeping it safe during the winter months. In the spring, the warmth of the sun expands the seed and what was once a protected harbor becomes a limiting prison. Through resistance, the seed gets strong enough to break through the shell and fulfill its destiny. During this session, we will dive deep into the nature of resistance, harnessing the energy for our awakening. Practice includes standing poses, balancing poses, backbends, hip openers, twists, and a deep relaxation.

Sat. 12-130 p.m. Break and Catered Artisan Lunch (included) by the Cambria Hotel (*Gluten-Free, Dairy-Free, and Vegetarian Options*)

Sat. 130-4 p.m.

Nourish the Seed with Drops of Nectar

Once you plant the seed, it must be placed in the right environment and be nourished. During this session, you'll enjoy a nourishing practice of hip openers, leg stretches, twists, forward bends, and partner work, ending in a deep guided Yoga Nidra (yogic sleep) to soften the outer shell and nourish the seed within.

Sun. 10 a.m. -1 p.m.

Root to Rise: Blossom the Flower of Your Heart

Tantra asks only three questions: What does your heart most deeply desire? What value is that to you? What are you prepared to do about it? To fully blossom your heart, you need to grow your roots and align with your deepest heart intention. During this session, you'll experience an inspiring guided *Tantric Trance Dance Experience* by special guest teacher, Mimi Wacholder, leading to an up-tempo and rhythmic flow of standing poses, core engagement, backbends, inversions with modifications, and twists. Conclude the weekend with a deep heart-blossoming relaxation.

Prices:

\$270, Early Bird \$245 if paid in full by April 12th

Includes lunch on Saturday.

No Refunds.

Event will be hosted at Cambria Lakeside Resort, 2127 Saranac Ave, Lake Placid, NY, 12946. www.cambrialakeplacid.com

For a discount on overnight accommodations at the Cambria, click [here](#).