



Judith Hanson Lasater

Remembering the Sacred:  
Opening to Presence

April 27 - May 1, 2024  
Yellow Springs, Ohio

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?

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 with a short talk and discussion on our topic, then proceed to a soft Active asana practice. The afternoon will focus on Restorative yoga, pranayama, and meditation. Our focus will be on unveiling our own Presence.

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 almost every state in the USA. She has been an inspiration to students in our Yellow Springs Yoga sponsored workshops since 1985.

Judith is the author of 11 books, the most recent is “Teaching Yoga with Intention: The Essential Guide to Skillful Hands-on Assists and Verbal Communication”.

<https://www.judithhansonlasater.com/reading/>

**Location:** John Bryan Community Center. 100 Dayton Street, Yellow Springs 45387

**Times:** 10:00am – 12:30pm & 2:30pm – 4:30 pm - except Wednesday: 10:00am – 12:30pm

**Investment:**

**5 Day option: April 27 - May 1: \$695 Weekend option: April 27 - 28: \$395**

**To Register:**

- With **Zelle:** Make e-transfer payment with: [patricia@brainfingers.com](mailto:patricia@brainfingers.com)
- With **Venmo:** Make e-transfer payment with: [@patricia-schneider-71](https://venmo.com/@patricia-schneider-71)
- With **PayPal:** Make e-transfer payment with: [patricia@brainfingers.com](mailto:patricia@brainfingers.com)

● **Complete registration by emailing** [patricia@brainfingers.com](mailto:patricia@brainfingers.com) with the information requested on the Registration Form below. Registration will be confirmed by email.

● **Note:** If e-payment is not possible, email for further options. [patricia@brainfingers.com](mailto:patricia@brainfingers.com)

**Cancellation Policy:**

Student cancellations are subject to a non-refundable/non-transferrable \$75.

In the unlikely event the workshop is cancelled by teacher or organizer, refunds will be made minus a non-refundable/non-transferrable \$75.

**Covid-19 Precautions - to be determined:**

We are committed to creating a space where we can gather in person that is as comfortable and safe as possible. To that end we will ask that everyone self-test with a testing schedule to be determined.

**Further Info:**

**Patricia Schneider: Text/Mobile: 937-767-7727** [patricia@brainfingers.com](mailto:patricia@brainfingers.com)

**Registration Form**

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Name\_\_\_\_\_

City\_\_\_\_\_State\_\_\_\_\_Zipcode\_\_\_\_\_

Email\_\_\_\_\_Phone\_\_\_\_\_

Please Check the appropriate box: [ ] 5-Day option, or [ ] Weekend option.