



***Daily Detail of Teachings  
with Yoga Master ROD STRYKER,  
JUNE 11-13, 2010***

**SUN, MOON, and FIRE:  
AWAKENING THE POWER OF YOGA**

“Para” means supreme, highest, the culmination of all effort. ParaYoga offers students of all levels access to the complete range and sacred power of Yoga. Its approach is based on the Six Gems™, ancient concepts that unlock “supreme” accomplishment in practice, as well as, life. All classes include theory, as well as, practice—Vinyasa, pranayama, bandha, and meditation. During the retreat we delve into the essential teachings and practices of the Tantric Hatha Yoga tradition which emphasize the stages of practices using asana, pranayama, and bandha. Our focus is on these practices, the role they play in the larger scheme of the tradition and to teach them. All levels of dedicated yoga students and teachers are welcome.

**Friday 6:00 to 8:30pm Introduction to Ancient Principle of 3 Stages of Practice**

Through lecture and practice we overview the Six Gems™ and introduce the ancient principles of the Hatha Yoga tradition of three stages of practices: Sun, Moon, and Fire. Our focus is on exploring how these three types of practices allow us to fulfill the potential of practice while addressing our individual needs.

**Saturday 9am to 12noon Sun Practice: Awakening the Force of Transformation**

Our focus is on the approach to practice that links us to prana or life force as well as to activation in the world. Sun practice allows us to cultivate vitality, passion, and power, and then internalize it. These practices lead to shining, both internally and externally and are a transition to the final and most powerful stage of practice.

**Saturday 3:00-6:00pm Moon Practice: Centering and Balancing**

Through the activation of the lunar force we become established in a rhythm of healing, peace, and wisdom. Through these practices we stimulate the nurturing energy that allows us to remain calm in the midst of turbulence, steady in the midst of change. These practices awaken hidden intelligence, intuition, and stillness.

**Sunday 9:00 to 12:00noon Fire Practice: Discovering and Living the Ultimate Aim of Practice**

The aim of all Yoga practices is to awaken our inner fire – the force of Spirit. When the subtle force of fire is active, it leads to extraordinary living and feeling. Practice centers around activating the dormant forces within the spine – the culmination and highest intent of Yoga practice.



**Rod Stryker** is the founder of ParaYoga® and widely considered one of the country's leading yoga and meditation teachers. Rod has taught for nearly thirty years, leads retreats, workshops, and trainings worldwide. He is one of few American teachers today transmitting an ancient tradition, one that has been handed from teacher to student for literally thousands of years.