

6.28.015: (no subject)

The first week of training has finished. Kiwis, Ozzies, Brits, Canadiens, an Ecuadorean and a smattering of Americans. Wonderful like-minded folks. Great humor. Big hearts. It will be a good training.

The certificate is in classical hatha, focused on long poses, and concerning itself with chakras by placing tremendous focus on "feeling" the energy during and after each asana. the goal, if lucky, is to find enlightenment. Therefore meditation is essential and a part of the whole day. In fact, unlike in the "west", yoga practice *is* meditation, as poses are just a way to slow down and support observing the mind in the spiritual journey. The unfurling...

My training instructors are very well informed, mellow and clearly passionate. They are German and Hungarian.

The way my days went this week and will be for the next 4: awaken at five thirty (my choice) to read on the porch of my treehouse. Heart-centered meditation for an hour at seven with a small group, breakfast with the peers, then meditating again with everyone at nine. At 9:30 we learn about specific asanas (poses) before a 90 minute yoga class, followed by a lecture on various topics (chakras, anatomy, etc...) before lunch.

After lunch are practicums, where each of the 18 candidates lead a 90 minute course. We divided into two groups and will have to teach two classes during the training. (I pulled the trigger and volunteered to go first just to get it over with, such freedom.)

We have one more lecture late afternoon and then are free to enjoy the evening in various ways. It is a swell group of folks. Mostly women. Lots of spiritual exploration over meals. I have been forgetting I am in Guatemala.

In two weeks we will go on a four day silent retreat.

I could write more but using the iPhone is a bit tedious. I will say some of America's recent news seems a bit delightful.

Attached pics are of the treehouse where I live. The river is where i bathe each afternoon. (There are showers, but full submersion under the water is much more delightful.)

My best to you all. I am well.

