

# Introduction to Conscious Embodied Awakening: For Living and Thriving in the 21st Century

This class is taught by Rod Taylor and Geri Portnoy; it includes meditation, eye gazing and other practices for awakening but does not include any asana practice.

Saturday,  
March 20, 2010  
2pm - 4pm .... \$20  
- sliding fee scale  
down to \$12

*W*hat would your life look like if you weren't constantly trying to escape the discomfort of being Human? Imagine feeling more than just okay with who you are, and how you're showing up in the world. Imagine tapping into, living from, and being guided by your own unique current in every aspect of your life, and feeling completely at home in your body. That's just a taste of what begins to happen in an Embodied Awakening—and no amount reading, studying, or learning can bring you to this place. An embodied awakening is not a cognitive understanding, it's a flood of consciousness that awakens every cell of your body to the presence of the Divine, and specifically to the Divine in YOU.

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**ROD TAYLOR**, has been practicing and teaching awakening and meditation techniques for 40 years. He has a Masters Degree in Adult Education and is a certified teacher of Waking Down in Mutuality; Pan Gu Shengong Qigong; and Transcendental Meditation. In 2005, he experienced a remarkable shift into conscious embodied Awakening. He realized his infinite, non-separate wholeness with all that is, simultaneously integrated with his finite, limited nature of individual self. He now loves working with others to support their processes of awakening in wholeness. For further information: [www.awakeninginwholeness.com](http://www.awakeninginwholeness.com)



**GERI PORTNOY** is the director and founder of Yoga Del Mar. She holds a Master's degree in International Peace Studies from the University of Notre Dame and is a Certified Anusara Yoga Teacher. She has been practicing yoga and meditation for 15 years. She is passionate about the evolutionary development of human beings and the confluence of that awakening with the next leap in human and planetary consciousness.



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