

Connecting to Your Senses

Information

- Date/ Time:** Sundays listed below, 1p-4:30p
Feb. 19, Mar 26, Apr 23, May 28, June 25, July 23, Aug 27, Sept 24, Oct 29, Nov19, Dec 17
- Location:** Black Rock Nature Center
9800 Black Rock Canyon Rd
Yucca Valley, CA 92284
- Instructor:** Amanda B'Hymer, E-RYT 200, RYT 500, Registered Optimal State
Yoga Therapist

Overview

So much of modern life takes place in our minds ~ many of us are engaged in stationary work and drive hours in our cars. As a result, we disconnect our mind from our body experiences. Tune-in to your senses with this community meditation and movement class. Each month, we'll focus on one of the senses and learn to observe, without judgment, what we are experiencing in that moment. Yoga Therapist, Amanda B'Hymer, will lead accessible practices noticing what our bodies are telling us with gentle breath and grounding exercises. Each class will center around an element of the desert environment ~ air, water, earth, sun, space.

Classes take place at Black Rock Nature Center on the 3rd or 4th Sunday of the month (see calendar). We'll begin indoors to awaken the body, then move outdoors to allow our senses to engage and connect. Each class will close with a quiet activity to embody what our senses collected, and to settle the mind.

This class is designed for all humans. There are no fitness requirements and no experience in yoga or meditation is required.

What to Bring

- water (1-2 litres)
- optional: yoga mat, bolster, blanket
- wear comfortable clothing and layers/sun protection for outdoor activity

Itinerary

Sundays, 1p-4:30p at Block Rock Nature Center

1p: welcome

1:15p: opening practice: assessing where you are and how you feel

- mindful / somatic movement and breath
- introduce the day's desert element / build reflection and self assessment tools
- connection to autonomic nervous system

2p: outdoor activity: experiencing the elements

- observe representation of the day's desert element in wild
- sensory interaction with element

3p: creative exercise: express the senses and desert element observed outdoors

3:45p: Closing embodiment practice, nidra – re-assessing how you feel

- bringing this awareness with you and ideas for daily integration of sensory awareness
- re-connect with the day's element to ground and guide back to senses

Activity Level

Easy, This class is designed for all humans. There are no fitness requirements and no experience in yoga or meditation is required.

Instructor Biography

Amanda began professional work as a facilitator, teacher and guide in 1995. She became interested in life-long, experiential, environment-based learning teaching in public schools, facilitating social service programs and by guiding the Montessori method. She is passionate in her dedication to share the Therapeutic Yoga perspective as modality toward a more connected, embodied life experience. Amanda is certified to guide Yoga & Mental Health, Yoga & Physical Health and Yoga & Ayurveda practices. She has created and led environmental service-learning curriculum and outdoor leadership and adventure courses for public and non-profit schools and organizations.

* The Desert Institute staff/instructors will attempt to accommodate participant's needs; however we reserve the right to deny a student participation in the course due to concerns regarding health and safety issues.