



Tandava

with Ryan Hader



Tandava, the dance of the totality, is based on the idea that if you let go of emotional, physical, and mental limitations, your body will naturally be one with everything. There is no opposition to emotion, to desire, to whatever a human being can experience. Find yourself some freedom, spontaneity, and courage.

We begin with a bit of lecture on the benefits of Tandava, and then move into a physical practice capable for all levels, breath work and a final meditation.

The rest of the day, you will be soaring!
A simple practice with advanced results.

Ryan has created this unique practice, a blend of his life long study to eradicate the stressors in the brain associated with the anxiety response to lifes challenges. After the final meditation, all are welcome to continue sitting, or enjoy a Savasana as Ryan performs a chant with live instrumentation off of his Mantra album, Backward Echo.

Sat. June 11

2:00-4:00

\$30 Early Bird

\$35 if booking after May 31

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