

# Inner Practices Workshops for Greater Strength, Energy and Vitality

*The Stronger you are on the inside,  
the more you can accomplish on the outside!*



**Consistent Application of the these practices will over time yield:**

*Deep relaxation*

*Deeper insight into oneself*

*Greater command over yourself and your life*

*Emotional cleansing and emotional harmony*

*Improved body alignment and body mechanics*

*Greater energy and efficiency*

*Establish and train inner circuitries that will help you meet and cope with the demands and stresses of life*

*Less wear and tear on your body and a lot less aches and pains*

*Tapping into the potentials and riches of the being, consciousness, and bliss of our deeper spiritual nature*

**In each module I emphasize the dual powers or skills of our interior consciousness. One power will give you greater leverage and separation to command change, and the other the ability to tap the deepest potential power of your body. It will forge your body, mind and emotions to work as one harmonious whole in order to actualize your goals.**

**All Four Modules \$360.00 Early Bird Price by Sept. 6th \$275.00**

Sept. 23rd, Sunday 9am-1pm,

Oct. 17th and 18th, Wed/Thurs. eve 5:45-7:45pm

Nov. 4th, Sunday 9am-1pm

Dec. 5th and 6th, Wed/Thurs. eve 5:45-7:45pm

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# Class Content

## **Module 1 ~ Sept. 23rd 9am-1pm (Sunday) ~ Sitting Practice - Formal and Informal; and understanding Body Sensing and Self-Observation:**

As we all lead busy and more complicated lives, a meditation practice is a necessity to decrease stress, establish daily balance, and maintain connection with our true nature. A meditation practice develops centeredness, strengthens our powers to self-observe and body sense, increases energy levels, sharpens mental focus, and brings more equanimity into our lives.

In this workshop you will learn a sitting practice designed for our culture's busy, complex lifestyle. It will include the basic focuses for a body based sitting practice and understanding, accessing and connecting to the two complementary poles of human consciousness ~ the within and down of body sensing and the outside and above of self observation. This practice creates a powerful means of accessing the potentials of our human nature - that of both the body and spirit. Posture and body alignment are emphasized, making it possible to take the practice mindfully into your daily life. Advanced and beginner meditators are welcome.

## **Module 2 ~ Oct. 17th and 18th (Wed. and Thursday) 5:45-7:45pm ~ The Morning Routine- Emptiness, Aligning, Mini-Walk, and Morning Exercise.**

Starting the day with intention is key to how our entire day unfolds. In this module you will learn fundamental exercises that establish being and consciousness (body sensing and self-observation), putting you in charge, rather than being constantly pulled by the hustle and bustle of life. You can then command your day, rather than your day commanding you.

## **Module 3 ~ Nov. 4th ~ 9am-1pm (Sunday) Meditation with Walking and Movement ~ The TBU, Flowering, and Craning.**

The TBU (Transformational Body Usage) Exercise is a short series of postures and gestures done in conjunction with specific internal focuses, then taken into walking and movement. The TBU teaches you how to stay grounded and fully connect with your body's solidity and power, helps establish a sense of incredible lightness, clarity, spaciousness and ease in order to be fully upright without strain, and then blends these two poles to create the experience the body as one integrated whole. All these qualities are then applied to the most fundamental, basic activity -- movement, resulting in an effortless grace and fluidity.

The Flowering is a simple three-part exercise helping you relate to space and bring that dimension into your body. By opening yourself to space, other energies begins to penetrate and vivify your perception of everything you feel and see.

The Craning is a simple physical exercise resulting in maximum extension of the head and neck, psychologically breaking the spell of self-absorption and identification, creating clarity of mind and improving self-observation. This exercise helps you to stand above the body as an observer and registrar, increasing the full experience of your body. It can be easily done several times a day.

## **Module 4 ~ Dec. 5th and 6th (Wed. and Thursday) 5:45-7:45 ~ How to Transfer this into Life, Conscious Eating, Transitions, and the SIFT Exercise.**

This class will help you strengthen the focuses you have learned and access the power they give you on a daily basis. You will learn how these tools are the foundation for making better choices, build energy through your day rather than feeling exhausted, and lay the groundwork for properly digesting and assimilating your experience to gain greater vitality in your life. The SIFT exercise is a simple exercise that can be done every day, allowing you to study yourself by observing your sensations, impulses, feelings, and thoughts. The conscious eating practice, done at every meal, helps instate all the inner work you've done thus far!

