

Elesa Commerse

Restoring the Body, Restoring the Mind

Saturday, September 11th

1:00pm to 4:00pm

Fee: \$60 (WS-161)



It is well documented that ninety-nine percent (99%) of all illness has a stress component to it. During this workshop we will dive deep into the nature of true mental, physical and emotional relaxation. Daily we accumulate stress.

In this Workshop you will...

- learn daily practices to offload your stress.
- relax the body through guided restorative yoga.
- relax the mind through meditation
- relax the emotions through Yoga Nidra, the 4,000 year-old tantric practice said to be four times more restorative than sleep.

No prior yoga or meditation experience is required. Please wear loose, comfortable clothing and be prepared to experience a calm so deep it will leave you transformed.

About Elesa Commerse

Elesa Commerse is a beloved meditation teacher, known for her ability to demystify the practice and facilitate breakthrough experiences on the journey to authenticity. She has been teaching since 1977 and has been meditating for as long as she can remember (even though she didn't call it that).

Elesa is the founder of National Meditation Month (May) and is the Director of Wisdom Training for the Tias Little Teacher Training program in Santa Fe, New Mexico. A graduate of the Temple of Kriya Yoga Meditation Teacher Training Program, Elesa holds two certificates in Advanced Yoga Studies for completing Donna Farhi's yoga teacher training program. Her website is www.thedeepcalm.com

"Elesa Commerse teaches from a place of deep acceptance that, for all her students, offers a profound healing. Her teachings are steeped in loving kindness and generosity. Her language, sensitivity, chanting and poetry touch places in our being that are so hard to reach, they nourish the innermost chambers of the heart."

- ***Tias Little***, author of *The Thread of Breath*, *River Flow* and *Freeing the Bird of Prana*

"Elesa Commerse has been teaching meditation for my yoga teacher trainees and during my recent Women's Yoga Retreat, in New Zealand. Her teaching utterly transforms people. She is an exceptionally gifted and warm teacher who demystifies meditation in a way that makes it accessible for ordinary people facing the extraordinary challenge of leading a peaceful life."

- ***Donna Farhi***, author of *Yoga Mind, Body and Spirit*; *The Breathing Book*; and *Bringing Yoga to Life*

