

# OFF THE MAT INTO THE WORLD

Part of the Engage Network



why stretch when you can reach?

## Yoga in Action Training - Awaken your purpose and put it into action!

### In this workshop you will:

- Awaken and uncover your passions, authentic purpose and sources of motivation through the process of Yoga.
- Develop practical tools/methods to put purpose into action in a viable way.
- Cultivate long term community and support to live your purpose and make a difference in the world.
- Leave with skills to help you be more a effective leader and a sustainable social activist.

### Workshop Details:

- Each session of the 7-week program will include a movement class (Vinyasa Yoga, Pilates and other movement modalities) followed by a group discussion facilitated by Julia and Marcy.
- The group will meet every Tuesday evening from 6:30-9:30pm beginning on October 5<sup>th</sup> through November 16<sup>th</sup>. We will meet at **New Field Yoga Studio**.
- The program cost is \$425 for the entire series (includes movement classes, group process work/exercises and course materials). If you sign-up by September 7<sup>th</sup> you can enjoy the early bird discount rate of \$395.



### Leaders

Julia K. Haramis, 500 RYT – (718) 797-0889 – [julia@yogawithjulia.com](mailto:julia@yogawithjulia.com) – [www.brooklynogini.com](http://www.brooklynogini.com)  
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**For more information please contact Julia, Marcy or Tatyana at New Field. To sign up online visit: <http://brooklynogini.com/retreatsandworkshops.aspx>**

**Off The Mat Into the World (OTM, [www.offthematintotheworld.org](http://www.offthematintotheworld.org))** aims to bridge Yoga and social activism by deepening our practice on the mat and then literally taking us off the mat and connecting us with other likeminded individuals to create positive and lasting changes in our communities and in the world. OTM's model is built on a grassroots strategy of small *circles of change*. The workshop is a great opportunity to understand how and why you react and interact in the world on a daily basis. We can only be truly effective and sustainable in our work with others when we take proper care of ourselves first.

**Yoga in Action (YiA) Training** is about cultivating community, developing leadership skills, strengthening relationships and learning how to replenish and protect ourselves so that we can thrive as agents of change within our daily lives and our communities at large. The workshop allows participants to embark on a journey of self-inquiry that leads to action with the support of a small group of peers.