

# THE MYSTIC MUSE

## ANUSARA IMMERSION THAT GIVES YOUR PRACTICE A VOICE

*"Neither language, nor terminology nor poetry nor scriptures, nor words of praise and blame can pass beyond the world of letters. ~ Swami Muktananda*

According to the tradition of tantric Shaivism, our utterances as well as our thoughts and feelings; happiness, grief, desire, agitation love and jealousy, originate from Matrika. Matrika, or "little Mothers" is the Sanskrit term used to express the mystical source of all sounds, the source of our pain and pleasure, and the source of the entire universe.

These Anusara workshops are designed to confirm and coax the voices of our, "little mothers" as a method of tracking ourselves back to our own authentic source. By skillfully utilizing two incredibly powerful practices of writing and asana, we will slowly uncover that inward oracle, by peeling away the layers of identification to what we are not and replacing these with the discovery of the direct pathway to the source of our hearts, and to the heart of our source.

Please join us for this remarkable week of writing through to the subtlest levels of speech that pervade all, thus bringing our yoga practice to a place of intense self-discovery, stunning insight and remarkably profound learning. Embraced within one of Costa Rica's most deliciously lush and pristine ocean-side environments, this promises to be an unforgettable event, full of wild laughter, close friendships, and breakthrough teachings.

*"When traveling down a spiritual pathway, we often feel that true understanding is far, far away. True understanding is no further then your own hands and your own heart, and lies in the skills to speak from that place." ~ Madhuri Martin*

Harmony Hotel • Nosara Beach • Costa Rica  
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and abroad For more information, visit: [www.muddyoga.com](http://www.muddyoga.com)

Judyth Hill has published six books of poetry and is the recipient of numerous grants, endowments and awards for her teaching and writing, including the New Mexico Endowment for the Humanities, "Road Scholar." Judyth conducts writing workshops and residencies in museums and schools throughout the country. She writes a well-loved monthly column for the Albuquerque Journal, *Grandma Boomer*. Currently, she is a contributing writer for Sacred Fire Magazine in Boston, and The Catalyst, in Salt Lake City. She is the author of the internationally acclaimed poem, "Wage Peace", which has been set to music by the Cincinnati Women's Choir. Judyth was described by the St. Helena Examiner as, "Energy with skin", and by the Denver Post as a "A tigress with a pen". Visit her website, [www.Rockmirth.com](http://www.Rockmirth.com) for more details.

