

A Journey to Intregration Through Intent

with Russ Hazard

Dream Yoga In Playa Del Carmen

March 21-April 4, 2008

- Use your dreams to actually experience fusion with the universe.
- Deepen your understanding of what yoga means in every moment, whether waking or dreaming.
- Break down your ego by exploring and understanding the multitude of personalities living inside of you. Integrate their conflicting needs to create wide open spaces inside.
- Support your intellectual self by using your dreams to move from criticism to positive thoughts about yourself and others.
- Support your emotional self by using your dreams to live with happiness and joy, forgiveness, love, compassion, self acceptance, courage, confidence, and trust.
- Keep happiness in your relationships by exploring your dreams and the role they play in defining your sense of self and your reality.

"Yoga" is any spiritual path where purpose is union. "Dream Yoga" teaches you how to understand your own perception and use your dreams as a path leading to union with your spirit. Using the traditions of yoga, indigenous peoples, physical practice and mediation, Russ Hazard, a physical and dream Yoga teacher will guide students into the dream realm to awaken the spirit.

Dream yoga is one of the renowned Six Yogas of Tibet, an ancient Buddhist teaching that originates with the enlightened yogic adepts (siddhas) -of ancient India. It is also the heart and soul of indigenous practices around the world. These practices, utilized for millennia help us to utilize the body/mind/spirit as a vehicle for awakening and enlightenment — by day, and by night, creating a seamless continuum of consciousness. Dream yoga is a way to use your dreams to speed your realization of your oneness with the universe - a life of inner peace, wisdom, and deep love for yourself and others.

This unique workshop held in Playa Del Carmen, Mexico provides a manifesto and lineage for continuing your learnings and yoga practice throughout your life. It will teach you how to mine your dreams for creative, mental, emotional or spiritual guidance and guide you towards Prosperity, success in the world, success in our personal lives and fine tune your competencies, capabilities, potential to help yourself and others

Held in Playa Del Carmen, a small cosmopolitan village south of Cancun and home to many different yoga practices, this workshop is 2 weeks in length and includes the following:

14 nights accommodation

Breakfast and Lunch

Yoga Practice

Dream yoga workshop by Russell Hazard

Airport transfers

Additional activities can be requested at a surcharge so that participants can explore the ancient Mayan traditions of the area.

Russ Hazard is a trained psychotherapist, certified massage therapist, and certified instructor in Ashtanga, Sivananda and Dream Yoga. He has trained intensively in many cultures around the world including traditional and Tibetan dream yoga in India, vipassana based meditation, and indigenous waking dream practices in Mexico, Guatemala, the Peruvian Andes and the Amazon. After many years of training and teaching he has brought together a broad palette of teachings to gently assist students in cracking the puzzle of their own lives.

Hotel Tropical Casa Blanca is located on the coast of the Mayan Riviera just 45 minutes from Cancun, in the city of Playa Del Carmen. This 20 room hotel Accredited as the 'Feel Good' Hotel, Hotel Tropical Casa Blanca, has reintroduced simplicity to the lives of its clients using a mission of simplicity and comfort for all of its guests. With over 15 years of hospitality service in the top vacation destination in the world, Hotel Tropical Casa Blanca continues to amaze visitors to their location.

Spaces are limited so book now by emailing info@tropicalcasablanca.com