



Ecstatic Trance Postures

with Marianne Carroll

**Sunday
December 15, 2019**

2:00 pm - 5:00 pm

**at Yoga Synthesis
Chestnut Ridge**

FREE Intro Workshop!

This introduction offers an opportunity to experience an ancient healing tradition practiced by hunter gatherer cultures who once flourished in the Hudson Valley. Anthropological research shows us that certain postures are a physical gateway to another "sense" we can consciously become aware of when combined with the sound of a rattle or drum. In the state of trance, which is a higher awareness of the inner world that is achieved with the posture ritual, one is able to connect with a different information field that constantly creates itself and leads to new insights and points of view. Following a brief slide show explanation and introduction to some of the ancient artwork that sourced these postures, participants will experience the ritual trance journey of The Olmec Prince, a posture for metamorphosis and shape shifting. The introduction will be facilitated by certified instructor from the Cuyamungue Institute, Marianne Carroll.

Marianne Carroll was first introduced to ritual postures in 1994 by her mentor, Barbara Hand Clow. She has offered introductory workshops and group sessions at New and Full Moon cycles and season changes, selecting an appropriate posture that weaves access to the Alternate Reality with astrological influences.



787 Chestnut Ridge Rd. Chestnut Ridge NY 10977

www.YogaSynthesis.com