



## Midcoast Maine Holistic Health Event Center - 2018

### Event Venue:

Belfast Breeze Inn, 192 Northport Ave., Belfast, ME 04915

Call: 207-505-5231 [www.belfastbreezeinn.com](http://www.belfastbreezeinn.com)

*Practitioners and service providers scheduled are professionals certified/trained/experienced in their respective fields. A biography for each provider is included on our Facebook and Brown Paper Tickets event descriptions.*



# Yogic Philosophy: Understanding Ethics of Yoga

6/28 9a-6p

with **Hilery Hutchinson**

**Register:** <https://yogicphilosophy.bpt.me>

The first two limbs of the eight-fold path of yoga sutras--the basic text for classical yoga--are about ethics. The third limb is the actual physical practice that most people focus on.

Foundational to all yogic thought, the ethics are considered the guidelines to the yoga way of living that free individuals to take ownership of their lives, direct them toward the fulfillment they seek, and gain the skills to choose attitude, thought, and action. The first five guidelines are referred to as the "yamas"--a Sanskrit word that translates to "restraints"--and encompass nonviolence, truthfulness, not stealing, nonexcess, and nonpossessiveness. The last five are referred to as the "niyamas," or observances--purity, contentment, self-discipline, self-study, and surrender. In this one day workshop we will dive deep into exploring these ethics and how to apply them to our daily lives to help us be the best versions of ourselves.



### Hilery Hutchinson

The Flexibility Guru is otherwise known as Hilery Radha Hutchinson. She helps people increase their knowledge of flexibility, injury prevention, and corrective exercises for better posture and injury recovery. Hilery strives to help people function at their highest level and wants everyone to feel amazing in their body. Hilery has over a decade of experience in the wellness industry and over 40 certifications that she has fused into a well-rounded approach. Hilery has created three different certification programs including Proprioceptive Neuromuscular Stretching and Myofascial Release, Thai Yoga Massage for Personal Trainers & Instructors, and a 200-hour Yoga Teacher Training.