

Keynote Workshop: Giving Space, Holding Space: The Elemental Gifts of Yoga Psychology

Matthew Remski, Registered Yoga Teacher, Yoga Therapist, Ayurvedic Health Educator-Advanced Level



Bio: Matthew Remski, RYT, YT, AHEadv, has studied through the Institute of Vedic Studies, under Dr. David Frawley. He is also a graduate of the Rocky Mountain Institute of Yoga and Ayurveda's Yoga Therapy Certification Programme, under the directorship of Sarasvati Buhrman. In addition to studying Ayurveda and Yogic philosophy with Professor Buhrman, he has studied structural alignment and Marma Point therapy with Shar Lee, Yoga Therapy for Asthma and Diabetes with Dr. Sarita Shresta of Nepal, Yoga Therapy for Cancer Patients with

Jnani Chapman of Commonweal, Yoga for Problems of Aging with Nischala Devi of the Dr. Ornish programme, and Applied Yogic Psychology with Maitreyi'i Nolan, Ph.D. He serves as adjunct faculty member for many of the Yoga Teacher Training Programmes in Toronto, teaching Ayurvedic theory and practice. He is the co-director of Yoga Community Canada and Co-founder of Yoga Festival Toronto. He is co-author, along with Scott Petrie, of the "Yoga 2.0 Project": "Shamanic Echoes" is their first publication. He is also collaborating with Professor Elizabeth Harvey (UofT) on a book about pre-scientific bodily poetics in both Eastern and Western traditions. You can read other writings of his on his blog: www.matthewremski.com.

Workshop Abstract:

Every therapeutic intervention in yoga psychology involves the expansion and sculpting of space element. Ethics gives the space of non-reactivity. Posture gives space to the joints and organs. Good breathing gives space for the circulation of vitality, and directly slows down sympathetic responses. Sensory control decompresses nervous overload. And meditation injects space into cognition and internal monologue, so that new choices may emerge, and deeper identities remembered. In this interactive session, we'll explore various psychosomatic practices that will introduce the essentials of yogic worldview and therapeutic approach.