

The Yoga of Freedom

**The Art of Teaching Meditation and Philosophy as a Liberating Experience
A Six Part World Dharma Immersion Training Program
For Yoga Teachers of All Levels and Inspired Practitioners**

With Alan Clements

“Alan's life is material for a legend. An intellectual artist, freedom fighter, former Buddhist monk, he shares his insights and experiences with a passion rarely seen and even more rarely lived. He'll make you think and feel in ways that challenge your entire way of being.” ~ Catherine Ingram, Author *In the Footsteps of Gandhi* and *Passionate Presence*

Drawn from ancient and modern traditions, both East and West, *The Foundational 25 hour World Dharma Immersion Training Program*, is the distillation of Alan Clements' life work over the past forty years of spiritual discovery — an epic journey that has taken him from the sacredness of monastic silence deep into the dark heart of war zones. By synthesizing the life-lessons, questions, and teachings found within his books, *Instinct for Freedom*, *The Voice of Hope*, and *A Future to Believe In – The Training* illuminates the dynamic interplay between one's inner journey (the exploration of consciousness and its contents) with its expression in the outer world through creativity, mutuality, and action.

As a former Buddhist monk trained as a teacher in both classical meditation and the (more obscure) art of process-oriented interpersonal psychology, *The Training* is grounded in the word *Dharma*, a Sanskrit concept describing consciousness in relation to freedom. By combining the words *World Dharma*, a vision formed upon the reality of our *intrinsic interrelatedness with all things*, and therefore empowers relationships as the most vital context for both personal and planetary transformation. As Dr. King so famously said, “We are tied in a single garment of destiny. What affects one directly affects everyone indirectly.” In other words, *we are in this together*: no one becomes free in a vacuum.

The Training, presented in a series of six interactive modules, delves into the theory, practices and teaching of *World Dharma* — an approach to life-transformation and higher human freedom that is unique to each individual and evolved through the artful interplay of one's yoga-dharma-awareness with everything: no exceptions. Alan also calls this self-authenticating process “the yoga of freedom” or “finding liberation through living.”

Although motivations for undertaking *The Training* vary, emphasis is placed on co-creating *A Future to Believe In* through the peaceful transition to a world in which people are freed to create sustainable solutions, devoid of exploitation, violence, and environmental degradation. Towards this revolutionary ethic *The World Dharma Immersion Training* offers a practical theoretical framework as well as a powerful methodology for its experiential application.

The World Dharma Training includes instructions and guidance in the areas of:

- * *Evolving Presence*: developing “contextual-awareness” as a daily-life-requisite.
- * *Meditation Unmasked*: the philosophy & practices of Eastern-based meditations.
- * *Attuning Awareness*: discerning the anatomy of consciousness and its contents.
- * *The Embodied Mind & Emotional Aesthetics*: refining perception & our senses.
- * *Utilizing the gift of teaching* to further one’s awakening, growth, and freedom.
- * *Creative writing explorations* and developing one’s own set of self-reflections.
- * *Individual processes* refining purpose and meaningful actions in the world.
- * *Guided meditations* fostering empathy, creativity, authenticity and compassion.
- * In addition, a *progressive series of World Dharma* talks by Alan Clements, interspersed with questions and dialogue, that are taped and made available at the end of the training.

The World Dharma Training is recognized by Yoga Alliance as the meditation and philosophy component of Semperviva Yoga’s 500 Hour Yoga Teacher Training program. Completion of all six modules is required for (25 hours of) certification towards Semperviva’s 500 Hour Yoga Teacher Training program. Otherwise, the modules are open to all, by the day, or all six.

The program comprises three progressive and interwoven areas of theoretical and experiential study: 1) The Theory of World Dharma. 2) The Practices of World Dharma. 3) The Art of Teaching World Dharma.

MODULE 1: *World Dharma Training Part 1* (Mar. 30th, 12:30-5:30pm & 7:30-9:00pm)

- The Ground of Being • The Essential Elements of World Dharma Theory and Practice

MODULE 2: *World Dharma Training Part 2* (Mar. 31st 12:30-5:30pm & 7:30-9:00pm)

- The Dharma of Self-Awakening: Essential Meditation Practice and Theory

MODULE 3: *World Dharma Training Part 3* (April 1st, 12:30 pm-3:30pm)

- The Dharma of Making World-Relationships a Journey of Awakening

MODULE 4: *World Dharma Training Part 4* (April 2nd, 12:30 pm-3:30pm)

- The Power of Authenticity – The Liberating Art of Being True to One’s Heart

MODULE 5: *World Dharma Training Part 5* (April 3rd 12:30 pm -3:30pm)

- Liberating Conformity, Orthodoxy, Models of Perfection & Spiritual Correctness

MODULE 6: *World Dharma Training Part 6* (April 4th, 12:30 pm -3:30pm)

- Ethics and Leadership: Essentials of Sharing Experience

Where: Sea Studio **Cost full Training:** \$495. + HST for all 6 modules.

Cost per module: \$95. + HST on Friday and Saturday.

All other modules are \$75 + HST.

INFO/REGISTRATION: 604-739-2009 www.semperviva.com

About Alan Clements

Alan Clements is an author, Dad with a young daughter, theatrical satirist, media activist, and founder of World Dharma. One of the first Westerners to become a Buddhist monk in Burma, he is now a free thinker, cognitive dissident, dharma guide to many, and a leading voice in the merger of global human rights with self-expression, and politics without violence.

Besides travelling to over fifty countries, he lived in India, Burma, Sri Lanka and Bali for over a decade. He has volunteered in refugee camps and worked in extreme areas of conflict both as an advisor and journalist. He played a prominent role in bringing Burma's non-violent struggle for democracy to the world. His book, *The Voice of Hope: Conversations with Aung San Suu Kyi*, moved Alice Walker to write, "Every leader in the world should read this book at least once."

Clements is the author of a number of other books and films, including *Instinct for Freedom* (nominated as the Best Spiritual Teaching-Memoir in 2003), *Burma: The Next Killing Fields* and *Burma's Revolution of the Spirit* (with essays by eight Noble Peace Laureates), *Spiritually Incorrect: In Defense of Bring Human*, and his most recent work, *A Future to Believe In: 108 Reflections on the Art and Activism of Freedom*, that is receiving distinguished praise from world leaders, activists, artists, authors, and teachers.

He has been interviewed for the cover of the Georgia Straight, Global National, CBC, Nightline, Talk to America, the New York Times, Time and Newsweek magazines, Yoga Journal, Conscious Living and numerous other media. In addition, he has presented at Mikhail Gorbachev's State of The World Forum, The Soros Foundation, The United Nations Association of San Francisco, and a keynote address for Amnesty International's 30th Year Anniversary in Los Angeles. www.AlanClements.

"At a time when the contemporary spiritual landscape has become dangerously gentrified and domesticated, Alan Clements restores us to our senses — wild and elemental — pointing us to the wilderness of true, engaged, fiercely authentic awakening. This is why we are alive—to set freedom free, in ourselves and for others, in every aspect of our lives from the most mundane daily task, to the most profound political act." ~ Kelly Wendorf, author/editor *Stories of Belonging*, co-founder The Institute of the Southwest, publisher *Kindred Magazine: One Family, One World*