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Katonah Yoga Magic Square 2018

RITUALIZE YOUR TIME / A 2018 Magic Square Calendar Workshop with Eva Giorgi on Long Island. Join Katonah Yoga teacher Eva Giorgi for an in depth breakdown of Nevine Michael's 2018 Magic Square Calendar; the Body as the Abode. Through discussion and pranayama Eva will help you understand the Taoist theory of the Magic Square, a map of SPACE and TIME

quilted with the feng shui of your organic, mystical living quarters, your body.

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Join experienced Katonah Yoga teacher Eva Giorgi for an in depth breakdown of Nevine Michaan's 2018 Magic Square Calendar; the Body as the Abode. Through discussion and pranayama techniques, Eva will help you

understand the Taoist theory of the Magic Square (an ancient Chinese grid of numbers tradit

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Lo Shu 3x3 Magic Square Chart — Katonah Yoga

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**Magic Square Cubes
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Yoga**

Katonah Yoga is a
syncretic Hatha yoga
practice developed by
Nevine Michaan over
40 years. She and her
teachers incorporate
classical Hatha yoga
with Taoist theory,
geometry, magic,
mythology, metaphor,
and imagination — in a
practical framework
designed to potentiate
personal and
communal well-being.

**Learn More — Magic
Square Yoga**

Master your magic.
Photo by Artem Bali.
Nevine Michaan,
creator of Katonah

Yoga®, developed the technique of integrating the Lo Shu Magic Square into meditation and hatha yoga practice. The Magic Square can be used like a compass and a map to orient ourselves in our bodies and our bodies in space and time. The Magic Square provides a framework and a boundary to reference and cross reference your physical practice as it grows.

Magic Square Yoga

Learn the ABCs and the 123s in this introductory magic square workshop. No experience is required! The "magic square" is an ancient Chinese grid of numbers whose relations form a cosmic pattern of integrity and fluency. This workshop's goal is to

give you an understanding of oneself, embo

MAGIC SQUARE BASICS with LYNN IVEY — Katonah Yoga

Nevine Michaan's 2018 Magic Square Weekly Planner offers an interactive time management, mediation and meditation tool to compile the narrative of your year through daily detail. Illustrated by Susan Fierro.

Katonah Yoga

The Katonah Magic Square is a map with 9 rooms (see glyph). I use this image bank to orient and situate myself in time and space. Each room is assigned a coded number. All polarities add up to 10 and all trinities add up to 15.

BOTTOM – stability, primal. 6: Right Foot – risk taking, virility, male root.

Journey through Katonah Yoga, Fourth in a Series: The ...

Nevine Michaan's 2018 Magic Square Calendar is an artfully crafted, self published manual for effective time management. A daily and monthly planner to help organize time and events. The calendar is accompanied by a series of meditation maps entitled The Body as The Abode: Orienting Self i

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Look: Theory — Katonah Yoga

In this Katonah workshop, we'll explore

the true magic behind the magic square - it's origin, mathematical pattern, and use as a map! Our body is our house, our vehicle, our instrument -- when practicing yoga and other embodiment techniques, it's best to navigate the landscape with a GPS, coordi

The Magic Behind the Magic Square with Rita Murjani ...

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The Vastu is delighted to welcome the teachings of Katonah Yoga to the space. Katonah Yoga synthesizes Hatha Yoga, Mythology, Taoist Theory and Sacred Geometry. It is a recipe for finding joy. It teaches techniques that enable me to

access archetypes from the universe, which is awesome, mystical, in

Katonah Yoga

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