

# YOGA IN ACTION Asheville

## sponsorship

### OBJECTIVE

Yoga In Action: Asheville is a 7-day leadership intensive [delivered on a weekly basis] for anyone wanting to discover, refine or expand their purpose in the world and live a life dedicated to social justice and inside out transformation.

We believe that collective liberation is the goal, and this requires a commitment to a personal journey of introspection, healing and accountability that allow us to participate in an effective and healthy way.

We also believe that embodied practices like yoga, meditation and ritual are powerful tools for both self-inquiry and sustainability that has the power to liberate all.

### METHOD

The arch of this training begins with a personal inquiry about the ways you have been shaped by your life experiences and how that influences how you see the world and participate.

Next, we explore how to transform our wounds into our gifts, with a very practical and creative approach to taking action in conscious and collaborative ways. All of this is done within a context that acknowledges the systemic issues that shape our worldview and our actions.

This training is for people looking to vision, articulate and live fully their purpose as well as those deeply steeped in their work but who need community and support. We are committed to creating a space where people of all genders, races, abilities, body size and sexual orientation feel included.

Our goal is to make this financially accessible to as many as possible.

### SPONSOR LEVELS

I. Ubuntu-\$1,000

II. Ananda-\$500

III. Ahimsa-\$250

For more information Email:  
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