

AUM 2022  
Collective Yoga Workshop Program

Saturday, August 13  
*All times are Pacific Daylight Time*

11:00–12:25: Session 1: Tools and Methodologies for Connecting

❖ *Sri Aurobindo Association*

THE SRI AUROBINDO ASSOCIATION is a working organization with the expressed aspiration that our outer activities be directed by our collective inner practice. Our hope is that by sharing our experiences at AUM we might offer processes and inspirations that could be applicable to the small-group breakouts of this workshop as well as to future efforts. This session will explore circle work as one methodology to help us universalize our consciousness to a wider “field” that includes our fellow travelers on the way. We will examine best practices that encourage deep listening, mutual respect, intuition, receptivity, and synergy—and pitfalls that can hold us back.



Question for Session 1 workshop participants:

*What brought you to this workshop today?*

Please think about this question before the AUM and bring your thoughts and feelings about it to share with others during this breakout session.

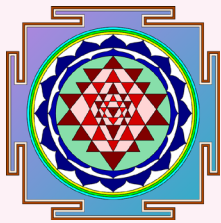
12:25–12:35: Break

12:35–2:00: Session 2: Circle Work as a Tool for Collective Sadhana

❖ *Shree Hindman, The Mother's Center*

CIRCLES ARE AS OLD AS TIME and have been used in every culture. It is the wise way to exchange and participate in a tribe, a movement, a business, an organization, any group of people. With no established leader or traditional hierarchy, circles hold space for each member to be seen and heard. Circles ask that each person show up authentically in a space shaped by mutual agreement. Circles ask for a depth of sharing that brings forth resonance in the group.

Our yoga creates a ripe opportunity for us to build conscious collective using circle because its methodology is the very essence of Sri Aurobindo's work: the psychic being, both individual and shared, is the vessel in which the ascending and descending forces bring forward the gifts of transformation. The collective reality needs tools, methods, and mechanisms for receiving and anchoring the next steps, the next evolute of our journey together. We hope you will be inspired to join us and bring your offering to this very special circle where we share in the emergence of a new social fabric—one able to channel higher manifestations of consciousness and direction in our world today.



Question for Session 2 workshop participants:

*Has circle shown up in your life and how might this emerge in the future to further deepen your sadhana and expand collective practice?*

Please think about this question before the AUM and bring your thoughts and feelings about it to share with others during this breakout session.

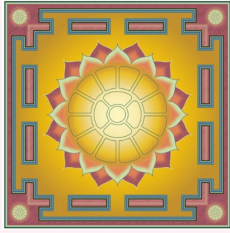
2:00–3:00: Lunch break

3:00–4:25: Session 3: Creating a Receptive Space for An Experience of Human Unity

❖ *Susan Curtiss and Rick Thomas*

THE BOSTON FOUNDATIONS AND PRACTICE GROUP has met weekly for two years gathering together people who are well-versed in the yoga of Sri Aurobindo and the Mother and those who are not. Our intention has been to present the fundamentals of Integral Yoga and to provide a safe and trusted space to explore our individual practice of this sadhana in ways that go beyond a mental appreciation of it. Our process develops and nurtures our inner heart and soul nature and we actively focus on creating a receptive silence for the spontaneous emergence of the interplay of our collective aspiration and the Divine response to it.

We will present the structure and process we use and the way we have incorporated circle work as a foundation for our sharing. In this way we are collaborating to create an experience of human unity in preparation for the true collectivity that is the ultimate aim of our sadhana.



Question for Session 3 workshop participants:

*The presence of the Mother's force in the psychic being can open and radiate in each one of us to create a field of harmony nurturing a collective yoga. How do you relate to this opportunity?*

4:25–4:35: Break

4:35–6:00: Session 4: Plenary  
*Everyone!*



This will be a plenary session in which facilitators and participants can share workshop experiences, discuss insights, review discoveries, talk about challenges, and brainstorm future possibilities.



This workshop requires a separate registration from the main AUM program. Zoom links will be sent to participants upon registration

- Main AUM registration:  
<https://AUM2022mainprogram.eventbrite.com>
- Saturday workshop registration:  
<https://AUM2022collectiveyogaworkshop.eventbrite.com>
- For additional AUM 2022 program and schedule details, visit:  
<https://www.collaboration.org/aum/2022/>

