JYL KUTSCHE

Saturday, February 7
2:30pm - 4:30pm

Join me on a journey of the senses, combining two of life’s greatest pleasures – yoga & chocolate!

We’ll begin by using the yoga practices of asana, meditation, and pratyahara to heighten our senses, after which we’ll explore the subtleties in taste & aroma of several varieties of bean-to-bar chocolates.

Here are a few words about the inspiration behind this class and also what to expect. Besides chocolate, that is...

In Patanjali’s 8 Limbs of Yoga, the fifth limb, pratyahara, is often defined as a withdrawal of the senses. With its central location it could also be considered the “bridge limb” – the point where the outer can become inner (and vice versa). With the practice of pratyahara you can cultivate a more intimate relationship to your experience of sensation.

A less common translation of the word pratyahara is ‘to recover the senses’. This perspective can lead you to a deeper relationship to sensation, as well as to sensuality.

To cultivate this sensuality could mean to fully apprehend and appreciate what you, your whole body, your eyes, nose, mouth, tongue, heart, loins, and viscera takes in from the world.

Like Yoga, chocolate has a rich history traced back hundreds (if not thousands) of years. Cacao was once so prized that it was used as a currency. To the Ancient Mayans, cacao was believed to be “The Food of the Gods”, a sacred food which not only opened the door of the heart, but also the door to greater consciousness. As a powerful heart opener, I believe that chocolate has the potential to connect us deeper into the essence of what Yoga means – which is union – the union between the physical and spiritual; the body and the soul.

Jyl Kutsche believes in bringing an interdisciplinary approach to her teaching, combining technique & flow with a strong emphasis on anatomical alignment while deepening your awareness of sensation in each pose. She has practiced yoga since 1990, and has been teaching since 2006.

She has been a long time student of Tias & Surya Little of Prajna Yoga. She has received both her 200 Hr & 500 Hr certifications through them, and assists them regularly around the country. She is also a licensed massage therapist and is currently studying shiatsu with Yoshi Nakano.

$35 prior to Jan 27 / $45 After