

Sunday, May 27 2012, 2-4pm, at Flow:

Y Yoga Flow Wellness - Vancouver

888 Burrard Street

The Yoga of Freedom: Liberation through Living
Empowerment, Revolution and The Right to Be Free
A World Dharma Workshop with Alan Clements

Explore one's World Dharma, enter one of the most crucial questions of our time: how to put our dharma — our freedom, our yoga, our most instinctual intelligence — into action, to transform the conditions of the real world, our relationship to everyone and everything.

“Freedom is not a state beyond this world. It is earth bound and moves like the wind. But try to hold it, control it, box it, and you lose it. It is not fear-driven but life-giving — it includes the flesh, the ordinary self, the sacred and mundane as one. It's reflected in the eyes of the person facing you right now. The key is to ignite our ability to be authentically present with heart, intelligence, and purpose, ready to serve, touch and be touched. It's about making life our art.”

~ ALAN CLEMENTS

In this two-hour workshop, drawn from ancient and modern traditions, both East and West, Alan Clements presents a distillation of his life's work from over forty years of dharma exploration — an epic journey that has taken him from the sacredness of monastic silence deep into the dark heart of war zones. By merging the models of personal and planetary transformation found in his books *Instinct for Freedom*, *The Voice of Hope* and *A Future to Believe In—108 Reflections on the Art and Activism of Freedom* — he presents a World Dharma which illuminates the link between one's inner journey (the exploration of consciousness and its contents) with its outer expression through creativity, mutuality, and acts of conscience and caring.

Aung San Suu Kyi, the leader of Burma's nonviolent struggle for democracy, with whom Clements co-authored *The Voice of Hope*, calls this whole world dharma a "revolution of the spirit." Whereby the practices of cognitive liberty, human rights and environmental sanity converge into a new transformational paradigm and actualized through the art and activism of freedom — a liberating authenticity or a natural freedom, unbound by dogma, conformity, and the pretense of certainty.

The workshop offers instructions in the areas of a “whole-mind awareness” as a daily-life-requisite, liberating thought experiments fostering hope and the invention of a new future, creative writing explorations that serve to transcend the limitations of the present, individual and group processes evolving clarity of purpose and meaningful actions in the world, along with guided meditations that serve to implode stereotypical concepts of spiritual normalcy and strict psychological identities, while cultivating specific states of mind, such as daring, empathy, receptivity, patience, balance and so on. Alan will also give a series of spontaneous World Dharma talks that are recorded and made available at the end of the day. All are welcome. www.AlanClements.com

ALAN CLEMENTS is an author, Dad with a young daughter, satirist (the creator of the acclaimed one-man show, “*Spiritually Incorrect: In Defense of Being, Human*”), activist, and founder of the World Dharma vision. One of the first Westerners to become a Buddhist monk in Burma and now a dharma guide to many, he is a fiercely independent thinker, a cognitive dissident, and a leading voice in the merger of global human rights with self-expression, art, and a new world ethic that advocates politics without violence and a world dharma common to all people.

Having lived in India, Burma, Sri Lanka and Bali for well over a decade, he has also worked with refugees and displaced populations in war-torn regions of the world as a care-giver, consultant and journalist. In so doing, he has played a prominent role in bringing Burma’s non-violent struggle for freedom to a higher level of international awareness. His book of conversations with Aung San Suu Kyi, *The Voice of Hope*, moved the Pulitzer Prize winning author and activist 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* (with a foreword by the Dalai Lama) and *Burma’s Revolution of the Spirit* (with essays by eight Noble Peace Laureates). His most recent work, *A Future to Believe: Empowerment, Revolution and The Universal Right to Be Free — In 108 Reflections on the Art and Activism of Freedom*, is receiving distinguished praise from world leaders, and numerous activists, artists, authors, and spiritual teachers.

"This book is the music of wisdom, a dance with the finest places of the human heart. It is also like a walk with your favorite friends, mentors and teachers as they point out the beauties of the journey. You will want to keep this timeless treasure within reach, so you can open it to any page, and let a paragraph or a line ignite you again to the truth of your own being." ~ Joanna Macy, Author of "World as Lover, World As Self" and "Pass it On: Five Stories that Can Change the World"

Alan 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 delivered a keynote address for Amnesty International’s 30th Year Anniversary in Los Angeles. www.AlanClements.com.

“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