

# Shape of Awake

Discover how being fully present and at ease in your body transforms your practice and your life!

August 7-13

## TAUGHT BY HOPE MARTIN

A 5-day intensive meditation practice  
Thursday, August 8- Monday, August 12<sup>th</sup>  
(arrive Wed. night & depart Tues. morning)

Are you uncomfortable or in pain when you meditate?  
Is it hard to sit for long periods of time?

Release unnecessary tension and learn to be upright,  
supported and relaxed in your practice sessions and  
in your life.

Being upright is not just an arbitrary shape; it's a  
perfect expression of meditation itself. In this 5-day  
intensive meditation practice, Hope, a master teacher  
of the Alexander Technique, will help you discover  
ease and non-striving in meditation and other activities.

Principles from the practice of Focusing will be intro-  
duced to befriend habitual stuck places and to access  
the wisdom that resides in the holding pattern. Come  
spend five days in this highly experiential program  
within a safe, supportive and caring. environment.  
The incredible and magical setting of Söpa Chöling  
will enhance and support your meditation practice.  
Open to new and experienced practitioners.

**Program Cost:** \$575 or Patron Cost: \$650. 50%  
tuition is due as a deposit at the time of registration.  
Balance due by July 1, 2019.

**Contact:** [scprograms@gampoabbey.org](mailto:scprograms@gampoabbey.org) for informa-  
tion or questions about registration



**Hope Martin** has taught the  
Alexander Technique for  
32 years and operates the  
Hope Martin Studio in New  
York City. She is a meditation  
instructor and a Focusing  
trainer. She is a close student

of Pema Chödrön and has been her cook and  
attendant for 26 years.

*"Hope Martin is a gentle, wise, and gifted teacher. The  
program she has developed for The Shape of Awake af-  
fected me deeply. Her layering of Alexander techniques  
with meditation teachings is unique and transformative."*

– Barbara L. Fredrickson Ph.D.,  
Author of *Positivity* and *Love 2.0*

*"Hope's years of experience with meditation and her deep  
knowledge of the body/mind connection provided incredi-  
ble insights. I learned more about my body that week than  
in my whole life. Hope showed me how my body works,  
why and how my habits developed, and how to work more  
gently with my body and mind during practice."*

– Tim Fischer