



a weekend workshop of practical learning
YOGA and PROCREATIVITY

controlling the uncontrollable

taught by Kofi Busia

friday feb 22 to sunday feb 24, 2019

fri: 6:00-8:30 pm; sat, sun: 1:30-4:30 pm

“CHILDBIRTH takes place at the intersection of time; in all cultures it links past, present and future. In traditional cultures birth unites the world of ‘now’ with the world of the ancestors, and is part of the great tree of life extending in time and eternity”.

Sheila Kitzinger

What we often take to be Fertility manifests itself as the act of synchrony we feel when some evident Power in the surrounding Universe at last “properly recognizes” some all-too-often restricted view of both ourselves and its Intentions. We identify, whether as poet or as parent, with our own desire ... but must ultimately and always be jointly productive. Whatever the ‘stage’ of our own life, and whether male or female, the ramifications of any perceived disconnect between our recognizing of that Desire and our (broadly understood) Ability to ‘produce’ can be manifold. This often manifests in the distresses, stigmatizations, and observed deviations of an entire life trajectory that we have often long defined; and must equally often redefine. Our very specific sense of personalized “achievement” can run the gamut from a pain-free period, to several successive “dry nights”, to the ameliorating of “hot flushes”. The mere medicalization of the strategies and techniques we can adopt—often explicitly directed at some perceived or age-related infertility

alleviation or else some fertility enhancements in their many manifestations—can all too often seem to be disregarding a very important internal dialogue. That dialogue is often the key to unlocking the understanding that—both internally and externally—is our true procreativity. It is the old truth of time, place, and circumstance that asks us to look more closely and practically at the heart of our union with it. That is also **yoga** and its intimate partner of **ayurveda**. These two highlight the many aspects of body or fleshy clothing; of emotings as fields of circulating fluidic dispensations; of thoughts and sensations of being, becoming; and of the consciousness of connectedness that sows the ultimate in procreative seeds or **bija**. || * **|| *Kofi Busia says: “I had, in my early days as a teacher of yoga, the inestimably great good fortune, to meet, have many long discussions with, and learn from, both Sheila Kitzinger and Geeta Iyengar in a personalized setting. Both encouraged me greatly in my understanding of the human breadth of procreativity and its expression. I am happy to try to pass on the little I gleaned of the very great deal they tried to pass on to me”.*



Application

NAME:

EMAIL:

PHONE:

ADDRESS:

I wish to apply for: Fri 6:00 @ \$55 | Sat 1:30 @ \$65 | Sun 1:30 @ \$65 | All three sessions @ \$170

Amount Paid:

Please make checks payable to ‘Kofi Busia’ & return to ‘Procreativity’, YCSC, 428-C Front Street, Santa Cruz,