

Could I Just Have The Yoga, And Skip The Life-Affirming Workshop In Conscious Living?

Forwarded to me:

"Join us for this life-affirming workshop in conscious living. We will practice guided instruction in mindfulness meditation and mindful movement, based on yoga and qi gong. Our practice will be enhanced by group dialogue and discussions aimed at increased awareness in everyday life."

Well, I'd like to skip the life-affirming workshop in conscious living. I don't need the mindfulness meditation and mindful movement, though I ardently admire the apt alliteration's artful ease. I've never found anything to be enhanced by group dialogue, and discussions aimed an increased awareness in everyday life are also not in my line. I'll have a helping, however, of the yoga, if I may, and if I am allowed to take it straight up.