

**THE YOGA SCHOOL OF THERAPUTICS
IS HONORED TO PRESENT**

**2009's NEW YEAR INTENSIVE
PURNA YOGA WITH
AADIL PALKHIVALA**



FEBRUARY 5TH, 6TH, 7TH

Feb. 5: Teacher's Training 12:00p - 4:00p

Opening Lecture: Expanding Exponential Success as a Yoga Instructor in the 21st Century

During this opening lecture Aadil will set the tone for the weekend and share his incredible insights about abundance and prosperity for those who are on the spiritual journey of yoga. Highly gifted, yet humble, Aadil will inspire us to create stronger and clearer choices for our success. Welcome to an extraordinary gathering that promises to bring light and knowledge that will help change our lives for the greater good and for our purpose here on Earth.

Feeling the Heart in Standing Poses: "Yoga is to be lived," says Purna yoga co-founder Aadil. Our wonderful teacher shares from his heart and will inspire and remind us of the true meaning of yoga. Aadil and his wife, Mirra, started the College of Purna Yoga, in Bellevue, WA, to address the bigger picture of yoga. Rather than practice asana for the sake of perfecting asana, he encourages us to find our dharma, our life's purpose, through the study of asana, philosophy, meditation and lifestyle. In this session, Aadil will teach how healing our self



Aadil B. Palkhivala, J.D., C.Y.T., A.H.S.P.

helps us to have better relationships with others, our family, the earth, and our food. He will talk about life being our greatest mirror and how throughout our lives we are given opportunities for success and healing. He will show us how to open the ribs and chest to expand the feeling of love in the Heart Center, as well as help us open to the life force energy of the heart. "Going on around us is a magnificent cosmic evolution of which we are all a part, maybe pulled into it kicking and screaming," he has said. "But if we choose to participate, the suffering will end." Welcome to one of our most outstanding teacher trainings of this decade. Open to advanced students, teachers and teachers in training. Teacher Training Intensive: **\$170.00**

Feb. 5: Teacher's Training 6:30p - 8:30p

Earth and Aspiration in Purna Yoga: Purna Yoga is a living and breathing creation. Each time we practice yoga we have an opportunity for our spirit to merge with our physical body. Yoga is intended to reveal to us our weaknesses and our strengths. Yoga is intended to help us unfold and grow. Most importantly, yoga is intended to cultivate awareness and sensitivity. In this workshop Aadil will touch three important aspects of Purna Yoga: Aspiration for the Divine, Surrender of the ego to the soul, Rejection of all obstructions to the path of total transformation. "Purna" means "complete," and Purna Yoga distills and integrates the vastness of yoga into an invaluable set of tools for transformation and healing; reminding us that yoga is far more than a system of exercise. Purna Yoga offers wisdom and techniques for the union of the body and the mind with the spirit. Purna Yoga is the art of loving yourself by living from the heart. The lineage of Purna Yoga is based on the teachings of Sri Aurobindo and The Mother, the Vedas, Patanjali, B.K.S. Iyengar, and the systems of Ayurvedic, Chinese and Western nutrition, synthesized by the personal experience of Aadil Palkhivala and Mirra, the founders of Purna Yoga. With its roots in the past and its reach into the future, Purna Yoga is here to help create the world which we have all dreamed of. This class contains lecture, asana, and meditation. All levels welcome. **\$80.00**

Feb. 6: The Beauty of the Purna Power Yoga Series 10:00a - 12:00p

The Purna Power Yoga Series comprises smooth, flowing movements coordinated with the breath with a thoughtfully arranged set of poses. This series will help remove blockages and cultivate external strength and internal power. Prepare to work deeply and rest deeply afterward. For students with six months' experience. Bring a mat, strap, and block. Mostly asana.

\$80.00

Feb. 6: Restoratives in Purna Yoga 2:00p - 4:00p

"The magic of Purna Yoga becomes apparent when you realize it has moved out from the yoga studio to touch and enrich your whole life," writes Aadil. "You begin to notice changes in the way you react to events at work and situations at home. With aches and pains no longer nagging you, with your nervous system in the state of calmness, and with your mind free of congested or frantic thoughts, you find you are able to respond to life quite differently from the way you once did." Welcome to this most extraordinary restorative series. Allow it to change you!

\$80.00

Feb. 6: The Masculine and Feminine Nature of Pranayama in Purna Yoga 6:00p - 7:30p

What is yin (feminine)? What is yang (masculine)? In the breath, what is up and what is down? How does the prana release fully into all body systems, the mind and heart? Allow this gifted teacher to enlighten your breathing practice. Allow the magic to unfold. All are welcome. All levels including students who may be auto-immune challenged or weak.

\$65.00

Feb. 7: From the Root & Up: Hip Openers, Twists and Forward Bends in Purna Yoga 10:00a-1:00p

The body loves to move. Unfortunately, we often get stuck in our hips, legs and feet. Aadil will help us align and find new space in these over-used, dull or weak areas. He will prepare us first with stretching and then with strengthening. You will make your spine and legs stronger, giving you more freedom of movement. You will explore your connection to the Earth and learn to connect with your hips, legs and feet with loving kindness. Even as we work in asana, this is a playful workshop to make our bodies feel happier. When the body is happy, our whole mind and spirit becomes happier too! Walk in dragging....leave skipping and singing.

\$90.00

Entire Workshop Paid in Advance by Jan 8: \$350.00 (No exceptions on deadline)



To register for this life changing Intensive

Contact us: info@theyogastudio.com :: 913-492-9594 :: www.theyogastudio.com

10400 W. 103rd Street, #14, Overland Park, KS 66214