



Ventura Yoga Studio

(805) 643-5979 www.venturayoga.com

April 17, 18, 19

Jehangir Palkhivala

The Madhyama Rekha Sequence

The Madhyama Rekha (Center Line) Sequence of asanas creates physical strength and alertness and helps the practitioner tune in to the spiritual energy or the Prana that flows through the body. Mentally, it also increases one's power of focus and concentration. The 'khoobi' (special quality) of this sequence is that the legs never separate... till the end! This 'Center Line Sequence' lends itself beautifully to gaining awareness of the chakras that lie on the center line in our bodies. Thus Jehangir, who had taught the Beej mantras on his first visit to Ventura in 2004, may also revisit the practice of the Beej mantras, which energize and balance the chakras.

Friday Night Talk: SRI ARAVIND UPANISHAD

Written by Sri Aurobindo sometime between 1910 and 1914, this short stunning Upanishad was found untitled in Sri Aurobindo's notebook. Written in chaste Sanskrit, this Upanishad is often considered "the essence of Sri Aurobindo's teachings." In these few pages Sri Aurobindo powerfully propounds the reality of the 'Being' i.e. Brahman, and also the reality of the 'Becoming', i.e. this world. Leaving no scope for the concept of 'world as illusion', he rouses us - "O Sons of Bliss" - to shake off the imaginary darkness surrounding us. We are exhorted to shine forth, fully enjoying the Ananda from which we were born and of which we are made.

JEHANGIR's passion for yoga started with Sunday morning classes with Guruji B.K.S. Iyengar when he was 7 years old. In India, where little children are placed on par with Krishna, the mischievous god, his relationship with his Guru was playful and full of fun, but grew intense and meaningful as he became older. The home atmosphere was suffused with a spiritual as well as yogic base, as both his parents were steeped in yoga and spirituality.

Jehangir exposed to Guruji's dynamic, precise teaching, his mother's spiritual and aspirational style of teaching asanas and pranayama, and more recently, to his brother's humane and compassionate style, found all these diverse aspects expressing themselves in his teaching. Tempered by his readings, his experiences, and the life he leads; his teachings repeatedly lead the practitioner to experience, purify, and exult in the world within.

Driven by the urge to find the essential truth, and to experience it in the physical asanas, he has developed a series of sequences that thousands of people all over the world are practising and benefiting from.

Jehangir attempts in his classes, to have each of us strengthen our connection with our higher selves and to cultivate centeredness based on breath awareness that eventually spills over into our day to day lives.

Friday, April 17: 6:00-8:00 pm (Talk)

Saturday, April 18: 11:30-4:30 pm

Sunday, April 19: 1:00-5:00 pm

Talk Only - \$30 before 3/31 - \$40 After

Full Weekend \$225 before 3/31 - \$250 After

(6 months yoga experience and knowledge of the Mother Sequences suggested)

Name _____ Phone _____

Address _____

EMail _____

**Jehangir
Workshop**

Send your preregistration to: Ventura Yoga Studio

P.O. Box 2802 - Ventura - 93002