

Jehangir Palkhivala

July 27, 28 & 29

We are privilege to have Aadil's brother again coming to Ventura to share his boundless yoga wisdom with us. He will be reviewing the Mother Sequence Friday evening and Saturday Morning and then introduce a new higher level sequence

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, July 27: 6:00-9:00 pm (Yoga Philosophy Talk)

Saturday, July 28: 11:30-4:30 pm

Sunday, July 29: 1:00-5:00 pm

\$225.00 - Complete Weekend

\$20 .00 - Yoga Philosophy Talk Only

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

Jehangir Workshop 7/07

Name _____ Phone _____

Address _____

E-Mail _____

Send your preregistration to:

Ventura Yoga Studio

P.O. Box 2802 - Ventura - 93002