

Yoga With Aadil Palkhivala - February 10, 11 & 12

Pranayama: Preparation & Practice

Fri., February 10, 5:30 to 8 p.m.

Join Aadil as he guides us in asana to prepare the body for pranayama, the fifth limb of Ashtanga Yoga. The practice of pranayama helps the nervous system to both cleanse and strengthen itself. When the nervous system is in our control, we are able to perceive the causes of our physical and psychological tensions. With asana, we learn to control the body and keep it still; and with pranayama, we learn to control the mind and nervous system.

\$60.00

The Five Vayus in Twists and Backbends

Sat., February 11, 11:30 -2:30 p.m.

The five vayus are the five winds in the body which govern our movement and progress. Energetic grounding comes from the apana vayu; simultaneously, the sense of lifting comes from the samana vayu. We will learn how the vayus are used by applying the mind to the breath in the body to transform your twists and backbends into a joyous expression of yourself. Your twists will become easier, your backbends more expansive.

\$70.00

Healing the Pelvis and Sacrum

Sat., February 11, 3:30 to 6 p.m.

The sacroiliac joint bears the weight of the entire spine and upper body. If not treated with respect it can lead to nagging and constant pain, or even severe muscle spasms. The lower back rises from the sacrum and depends on the sacral alignment for stability and groundedness. Learn the anatomy of the sacroiliac joint and lower back and how to practice asana safely so that your practice may be a joyous blossoming—even in your 90's.

\$70.00

Finding our Foundation: Poses that Explore the Feet and Knees

Sun, February 12, 9:30-12:00 am

The legs take on the burden of the body all day. Aadil will teach a series for releasing tension in the ankles and feet, strengthening the knees, and relaxing the legs. Then we will do asana to explore the legs, the hips, and how they affect the rest of your body. Your body will feel buoyant and willing to take stride into life's next adventure.

\$60.00

Healing the Neck, Shoulders and Upper Back

Sun, February 12, 12:30 - 3:00 pm

Most of us carry tension in the neck, shoulders, and upper back. Because we hold tension in our necks and shoulders, we shrink blood vessels and thereby create pain and stiffness in this area, often leading to headaches and fatigue. This tension in our upper spine reduces our ability to think clearly, to communicate with ourselves and others, and express what we need to say. You will learn simple and easy innovations for releasing tension in these key areas to promote a stronger and clearer mind-body connection

\$60.00



**Full Weekend Prepay
by Feb. 1 \$275.00
\$320.00 after**

Aadil Palkhivala is a world renowned Iyengar yoga instructor. he began observing Iyengar's classes at the age of three; formal study at the age of seven; and was awarded his Advanced Yoga Teacher's Certificate at the age of 22. He integrates his insights as well as the work of Sri Aurobindo and the Mother of Pondicherry, India into his teaching of yoga. In addition, Aadil holds degrees in law, physics, and mathematics; is a certified Shiatsu and Swedish bodywork therapist, a clinical hypnotherapist, and a prominent public educator. He is a federally licensed Naturopath, and an Ayurvedic Health Science Practitioner. His all-inclusive style of yogateaching is named after Sri Aurobindo's "Purna Yoga." Aadil is the co-founder of the Yoga Centers of Bellevue, WA. Additionally, Aadil teaches workshops and teacher trainings throughout the world. Aadil was the 2003 Asana Columnist for Yoga Journal, and continues to be a contributing writer and "Asana Expert" for the organization.

Sign up on line at: www.venturayoga.com

Aadil Intensive February 10 - 12

Name _____ Phone _____
Address _____

Email _____

Send your preregistration to:

Ventura Yoga Studio
P.O. Box 2802 - Ventura - 93002