

## Jehangir Palkhivala A Yoga Workshop

*A traditional bonesetter named Madhivala had predicted to Jehangir Palkhivala's mother, when she was carrying him, that her child would grow up to be a doctor. His words were prophetic. Though Jehangir never studied medicine, today he heals not just physical ailments, but effects transformations through yoga. He calls it "lifestyle modification without much effort".*

*"Right from a young age I had a feeling that I'd like to help people. Even today I can't resist that urge," says Jehangir who learnt yoga from B.K.S. Iyengar since the age of seven.*

*"My teaching became such that I started relating it to practical life. At class we would address specific problems, anger, for instance, with the idea of practising on it at home. Thus when you leave class, it is not the end but the beginning of yoga."*

Excerpt from **Life Positive: Spiritual Lifestyles**.  
[http://www.lifepositive.com/Mind/New\\_Age/Spiritual\\_Lifestyles32004.asp](http://www.lifepositive.com/Mind/New_Age/Spiritual_Lifestyles32004.asp)

**Talk: The Rodana Makara Kriya**

**Friday, April 25, 2008**

**6:00-8:00pm**

Not a typical talk this time, but two hours of hands-on application of a remarkable technique to release emotional and physical stress from the back of the heart. Those attending the talk are requested to wear a loose fitting t-shirt (or bring one with you). Several people who have practiced this kriya in Mumbai have glowing things to say about its benefits.

**Saturday, April 26 10:00am-4:00pm**

**Sunday, April 27 9:00am-1:00pm**

**The Ekapada Sequence** is physically unusual. It brings together poses which are uncommon. Some are known, some unknown, and certainly most of them are rarely practiced. One thread connects them all—whether Suryanamaskaras, standings, sittings, inversions, backbends, pavanmuktasana variations or "splitting" actions, they are all one-legged actions: **Ekapada**.

When we are learning this sequence, strength, flexibility and balance seem to be requirements. When we calmly practice the sequence, we realize that strength, flexibility and balance are the gifts it brings us. And when the last powerful pose, dedicated to Lord Shiva, is completed (or valiantly attempted), it is for us to see, as our moon shines on our quiet lake, what we have learned and enjoyed.

[Konayoga.com](http://Konayoga.com)

# Jehangir Palkhivala

April 25-27, 2008



77-6425 Kuakini Highway, Suite D202

At the lights on Hwy 11, across Seaview Circle and between Lako St. & Kamehameha III Road

# Jehangir Palkhivala at Kona Yoga



## WORKSHOP SCHEDULE

**Friday, April 25:** 6:00-8:00pm Talk

**Saturday, April 26:** 10:00am-4:00pm

**Sunday, April 27:** 9:00am-1:00pm

### FEES:

**Full Weekend** \$225.00 by April 5  
\$250.00 thereafter

**Talk Only** \$ 40.00 by April 5  
\$ 50.00 thereafter

## REGISTRATION-Jehangir 2008

For more information contact: [barbara@konayoga.com](mailto:barbara@konayoga.com)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

Register by April 5 for a discount:

\_\_\_ Full Weekend \$225.00

\$250.00 after 4/5

\_\_\_ Talk Only \$40.00

\$50.00 after 4/5

*Make checks payable to: KONA YOGA VISA and M/C accepted  
No refunds once the workshop commences.*

TOTAL: \_\_\_\_\_

### MAIL TO:

KONA YOGA  
77-6425 Kuakini Highway  
C2, PMB#121  
Kailua-Kona, HI 96740

Phone: 808-331-1310  
Fax: 808-443-1024  
E-mail: [Barbara@konayoga.com](mailto:Barbara@konayoga.com)  
[konayoga.com](http://konayoga.com)

[Konayoga.com](http://Konayoga.com)