

Jehangir Palkhivala 2011

Registration Form

- () Friday 4/8 Talk \$ 40.00
() Monday 4/11 Talk \$ 40.00
() Both Talks, no Workshop \$ 70.00
() Workshop Only \$240.00
() Workshop + 1 Talk \$270.00
Choice: _____
() Entire Experience.
Workshop + 2 Talks \$300.00
() Single Classes \$ 65.00
Choices: _____

Name: _____

Phone: _____

E-mail: _____

MAKE CHECKS PAYABLE TO: Kona Yoga

PLEASE NOTE: Registrations are on a "Paid First System". No refunds will be made after the workshop begins.

VISA and M/C payments are accepted. (Call Barbara @ 808-937-3768 to arrange charges).

PAYPAL payments should be made to:
barbara@konayoga.com

WORKSHOP

The Prasaritha Sequence

Saturday, April 9: 9am–12noon, 2pm–5pm

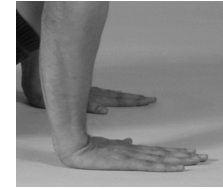
Sunday, April 10: 9am–12noon, 2pm–5pm

The Prasaritha (The Open Heart) Sequence offers practitioners a great sense of joy and freedom. This practice opens out the body, helps the mind become expansive and allows the heart to blossom.

Jehangir will start by taking students through the 'Ujjayi Effect' and help them experience the 'Nada of Enjoyment' – "to settle the mind happily in the heart".

Jehangir will take students through a fresh sequence with their focus on an open body, and expansive mind and blossoming heart. He will also take them through a step-by-step experience of heart purification in the light of Patanjali.

The intention is to free our hearts with Patanjali's beautiful concept of Sorrowless Flame and the Being beyond Attachments. These allow our spirits to open up to the source of infinite joy. (Much depends on the heart of the practitioner – its willingness to surrender, its desire to bloom). Please carry writing material with you.



Jehangir Palkhivala returns to Kona Yoga for yet another fascinating workshop filled with his knowledge of yoga, and many years of experience with the healing wonders of the human body. Jehangir travels annually to the U.S. from Mumbai, India, where he lives with his family and teaches yoga. One of our favorite introductions comes from an Indian magazine, Life Positive:

A traditional bone setter 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."

TALKS

Komalan Shariram

**Friday, April 8
5pm - 7pm**

A unique technique that originated in the Mumbai Advanced Class, where the participants group into sets of five or six and with the help of bolsters and each other, learn to soften and ease the nerves and muscles into a state of intense relaxation.

The aim is to eventually, replicate and achieve this state without the use of external aids.



Healing with Food

**Monday, April 11
5pm – 7:30pm**

This talk is based on new information, research and experiments collected through the course of the year. If you've ever attended any of Jehangir's workshops, you'll remember his numerous suggestions and recipes for all types of ailments through the use of whole foods.

CONTACT

www.KonaYoga.com : Class Schedules and descriptions.

Barbara Uechi, owner

808-937-3768

barbara@konayoga.com

Mailing Address.

Kona Yoga

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PMB#121Kailua-Kona, HI 96740



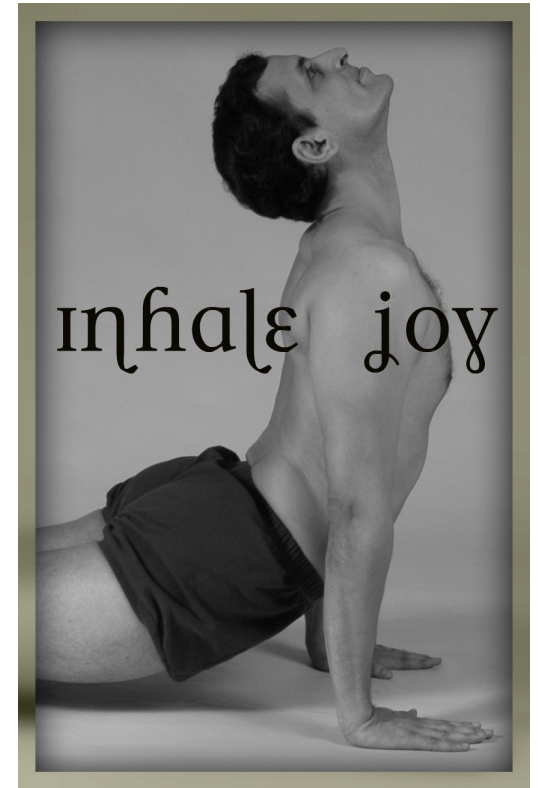
Workshop Schedule.

Friday, April 8: Komalam Shariram (Talk & Demonstration). 5pm – 7pm.

Saturday, April 9: Yoga Workshop. 9am-12noon, lunch/break, 2pm – 5pm.

Sunday, April 10: Yoga Workshop. 9Am – 12noon, lunch/break, 2pm – 5pm.

Monday, April 11: Healing with Food (Talk, Q&A). 5pm – 7.30pm.



Kona Yoga
presents

Jehangir Palkhivala

April 8-11, 2011

**Kona Yoga 77-6425 Kuakini Hwy., D202
(808) 331-1310**

at the traffic lights between Lako St. and
Kamehameha III Road