

March 13 to 17, 2013

Yoga Workshop with Kofi Busia



Kofi Busia is one of the world's foremost teachers in the Iyengar tradition. He has been teaching for nearly 40 years, and has held his Advanced Certificate for over 35 years. See www.kofibusia.com for more information.

WORKSHOP SCHEDULE

Wed	Thurs	Fri	Sat	Sun
Mar 13	Mar 14	Mar 15	Mar 16	Mar 17
8-9 am Yoga Sutras 9:15-11:15 am Asana	8-9 am Yoga Sutras 9:15-11:15 am Asana	8-9am Yoga Sutras 9:15-11:15 am Asana	7:30-8:30 am Pranayama 9-11am Asana	7:30-8:30 am Pranayama 9-11 am Asana
5-6 pm Pranayama 6:30-8:30 pm Asana	5-6 pm Pranayama 6:30-8:30 pm Asana	5-6 pm Pranayama 6:30-8:30 pm Asana	3:30-4:30 pm Chanting 5-7 pm Asana	

WORKSHOP COST
Chanting, Yoga Sutras, Pranayama
1-3 classes \$20
4-6 classes \$19
7+ classes \$18
Asana
1-3 classes \$29
4-6 classes \$27
7+ classes \$25
Entire Workshop \$325

Pre-registration strongly recommended. Class reservation is on a first paid system. Refunds will be made up to March 8 less a non-refundable fee of \$50. Sign-ups for less than \$50 worth of classes will not be refunded. No refunds after March 8. Classes are also non-transferable.

Classes held at East Honolulu Yoga Center, 6650 Hawaii Kai Drive, Suite 104
 Make checks payable to Elaine Chung. Mail form and payment to 6710 Hawaii Kai Drive. #414, Honolulu, HI 96825
 For more information, contact Elaine Chung at 808 396-2208 or at easthnyogactr@gmail.com

2013 Kofi Busia Workshop REGISTRATION FORM

Check classes attending

Yoga Sutras 8-9 am Mar 13 Wed __, Mar 14 Thurs __, Mar 15 Fri __ Pranaayama 7:30-8:30 am Mar 16 Sat __, Mar 17 Sun __
 Pranayama 5-6 pm Mar 13 Wed __, Mar 14 Thurs __, Mar 15 Fri __ Chanting 3:30-4:30 pm Mar 16 Sat __
 Asana 9:15-11:15 am Mar 13 Wed __, Mar 14 Thurs __, Mar 15 Fri __ Asana 9-11 am Mar 16 Sat __, Mar 17 Sun __
 Asana 6:30-8:30 pm Mar 13 Wed __, Mar 14 Thurs __, Mar 15 Fri __ Asana 5-7 pm Mar 16 Sat __

Entire Workshop __

AMOUNT ENCLOSED _____

NAME _____ E-MAIL _____

ADDRESS _____ PHONE _____

Description of Classes and Who can Attend

Yoga Sutras

In 1984, Kofi wrote a translation of the *Yoga Sutras*, titled The Gift, the Prayer, the Offering. He will talk about the sutras.

No yoga experience is required to attend these classes.

Background info:

All yoga as practiced today is based on the *Yoga Sutras*, a collection of aphorisms offered more than 2,000 years ago by the Indian sage, Patanjali, and still regarded as authoritative. The sutras were the earliest - and are still the most profound and enlightening - study of the human psyche. In them, Patanjali describes the enigma of human existence.

Patanjali is referred to as an evolved soul incarnated of his own will to help humanity. He assumes human form, experienced our sorrows and joys, and learned to transcend them. In the *Yoga Sutras* he described the ways of overcoming the afflictions of the body and the fluctuations of the mind: the obstacles to spiritual development. His 196 aphorisms or sutras cover all aspects of life, beginning with a prescribed code of conduct and ending with man's vision of his true Self. *Prologue, Light on the Yoga Sutras of Patanjali*, BKS Iyengar

The goal of yoga is a state of equilibrium and peace. The person who practices yoga regularly will not become a victim but a master of his or her circumstances and time. *Pg 25, The Path to Holistic Health*, BKS Iyengar

Chanting

Kofi will lead us in chanting some chants.

No yoga experience is required to attend this class.

Background info:

Chanting is a way to calm the heart and center the mind. Mind-guiding sounds, or mantras, serve two-distinct purposes. The obvious one is that they give the mind something it can hold onto while the usual mental chatter recedes into the background. The second purpose relates to those mantras that are in the original language of Sanskrit. Chanting these ancient syllables is the fastest possible vibratory union between yourself and the universal consciousness. In other words, the sounds that are made resound with your energy centers in a way that activates and balances them. *Pg 211, Keep It Simple Series, Guide to Yoga*

Asana

For All Levels of students.

Background info:

Asana is translated as "pose" or "posture". Asanas cater to the needs of each individual according to his or her specific constitution and physical condition. They involve vertical, horizontal, and cyclical movements, which provide energy to the system by directing the blood supply to the areas of the body which need it most. The mind is naturally active and dynamic, while the soul is luminous. However, unhealthy bodies tend to house inert, dull and sluggish minds. It is the practice of yoga which removes this sluggishness from the body and brings it to the level of the active mind. Ultimately, both the body and mind rise to the level of the illuminated self. *Pg 16, The Path to Holistic Health*, BKS Iyengar

Pranayama

For All Levels of students.

Background info:

Prana is energy and *ayama* is the storing and distribution of that energy. In pranayamic breathing, the brain is quiet, and this allows the nervous system to function more effectively. Inhalation is the art of receiving primeval energy into the body in the form of breath, and bringing the spiritual cosmic breath into contact with the individual breath. Exhalation is the removal of toxins from the system. *Pg 34, The Path to Holistic Health*, BKS Iyengar