

JEHANGIR PALKHIVALA

A lawyer by profession, Jehangir started yoga with B.K.S. Iyengar at age 7, and by age 17 was teaching yoga, as well as studying music, drama, debate and literature. His parents were adept students of Iyengar and it didn't take long for him to realize his true calling. 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.

April 13, 2013
Saturday - 5:30 to 7:30 pm
BREATHING in the LORD

A delightful and uplifting practice, especially for those whose hearts are ever-eager to feel oneness with the Lord (or the Light). We will be revelling in this practice with Ujjayi and Viloma Pranayama. No prior experience of Asana or Pranayama is required to join this session.

Pranayama: \$40



April 11-14, 2013

Thursday and Friday - 5:30 to 8:00 pm, Saturday and Sunday - 9:00 am to 12:00 noon

LIQUID NAMASKARAS and VOWEL MANTRAS

The river-like Surya Namaskaras and Vowel Mantras will be learnt in the context of the Mother Sequence. Wholly different benefits from these Namaskaras may be observed and enjoyed, particularly after a few weeks of practice. The effect of chanting the Vowel Mantras is remarkable, consciousness-widening and worth comparing with the Bij Mantras that we learnt earlier.

Workshop: \$240 Single Classes: \$65

Pranayama & Workshop: \$270

Pre-registration strongly recommended. Class reservation is on a first paid system.

Refunds will be given up to April 5 less a non-refundable fee of \$50. Sign-ups for less than \$50 worth of classes will not be refunded.

No refunds after April 5. 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 396-2208 or at easthnyogactr@gmail.com

JEHANGIR PALKHIVALA 2013

REGISTRATION FORM

Please check: Thurs, Fri, Sat, Sun Workshop Classes (\$65 each class)

Pranayama (\$40) Workshop only (\$240) Pranayama & Workshop (\$270)

Amount enclosed _____

NAME _____ E-MAIL _____

ADDRESS _____ PHONE _____