



↙ YOGA In-Depth ↗
15 Hour Mini-Retreat
May 14 – 16, 2010

Designed for students who want to go more deeply into their Yoga practice, explore the physical and meditative aspects of Yoga, as well as for continuing education for Yoga teachers, for 200 and 500 level teachers or aspiring teachers. This course is principally designed for Yoga students who have already discovered the great physical benefits of Yoga practice.

WHAT YOU CAN EXPECT TO LEARN

1. An overview of Classical Yoga, Patanjali's eight limbs on personal meditation and self-realization.
2. Safe modifications of asana and pranayama exercises.
3. Philosophic teachings and discussions for a healthy life, as passed down to us in Patanjali's ancient "Yoga Sutra" and the 20th century writings of J.Kristnamurti.
4. Learning about your true self in relationship to your teachers, fellow Yoga students and community.
5. Working with two Yogi's who live the life of modern Yogi's on a daily basis.
6. **YOGA CORE AND STRENGTH TRAINING** in a safe manner that offers increased physical ease, especially for us aging Yogi's, in all aspects of work and recreation.

WHO WE ARE: YOGA SCHOOL OF KAILUA, Inc. (Yoga Alliance 200 and 500 hour teacher training and general public Yoga school, based in Kailua, Hawai'i, founded and operated by Lu and Tom DiGrazia, who collectively have been practicing, teaching and living Yoga for over 70 years.

SEE: <http://www.yogakailua.com/> for bios.

Philosophy

Hatha Yoga is meant to be "steady and easy", and an enjoyable, continuing source of regeneration and creativity for everyone. Meditation is the result of a creative, free environment. We seek students and kindred souls who want to go more deeply into the philosophy and *Way of Life of a 21st century Yogi*.

RECOMMENDED READING: by B.K.S. IYENGAR, *LIGHT ON LIFE*

Daily Course Overview and Schedule

Day 1 Orientation/Overview/Learning Asana and Pranayama From The Inside Out: Anatomy/Physiology/Safety Concerns /Meditation/ Pranayama/ Asana and Modifications/ Philosophy/Yoga Texts.

Day 2 The above plus Yamas and Niyamas, Pratyahara and Dharana.

Day 3 The above plus Dharana, Samadhi, Yoga as Way of Life, and Group Discussion

WHERE: Yoga School Kailua 326 Lala Place, Lanikai, Kailua
808-262-0730 (Tom)
808-352-0730 (Noni)

COST: \$180 for three day mini-retreat
\$ 75 for one-day retreat (Saturday or Sunday)

SCHEDULED SESSIONS Friday May 14th: 5 p.m. to 8 p.m.
Saturday, May 15th: 10 to 5 p.m. (one hour lunch break)
Sunday, May 16th: 10 to 5 p.m. (one hour lunch break)

INSTRUCTORS: Louisa (Lu) and Tom DiGrazia, both 500 hour and E-RYT registered through the Yoga Alliance; and YSK teaching staff.

Yoga School Kailua [YSK] is a 501[C-3] non-profit organization. A portion of the net profits from trainings and retreats is dedicated to YSK's non-profit Hawai'i Yoga Prison Project. See www.yogakailua.com for more information on the YSK, or call Noni Floyd at 808-352-0730 for more information on the retreat.

