

Purna Yoga™

AADIL  
PALKHIVALA



**Fri- Sun, Sept 10-12, 2010**

Moksha Riverwest  
700 N Carpenter

For nearly thirty years, Aadil has had a reputation as a "teacher of teachers." He has a unique teaching style, mixing melodious instructions with recitations of poetry and philosophical insights with in-the-moment humor. Aadil began the study of yoga with B.K.S. Iyengar at the age of 7 and was introduced to the Integral Yoga of Sri Aurobindo and the Mother at the age of 10.

When Aadil was twenty, he embarked on his first teaching tour of Europe and North America. Two years later, Iyengar awarded him the Advanced Yoga Teacher's Certificate.

Aadil and his wife, Mirra, are the founders and directors of internationally-renowned Yoga Centers in Bellevue, Washington and The College of Purna Yoga, a 200-hour, 500-hour and Certificate-Level teacher training program licensed by the State of Washington and Yoga Alliance Certified.

Aadil is the author of the book, Fire of Love: For Students of Life, For Teachers of Yoga, and is an "asana expert" for Yoga Journal magazine and website. He is regularly featured in My Yoga Mentor email newsletter and is constantly educating himself in his passion for teaching the "whole yoga." www.aadil.com

REGISTRATION FORM

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY, St, ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 EMAIL \_\_\_\_\_

**\$50 DEP. REQUIRED TO REGISTER**  
 PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

OFFICE USE ONLY

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_  
 REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_  
 EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

All 6 Classes \$288 (\$336 after Aug 29)

Fri, Sept 10 , 10am-1pm \$60 (\$70 after Aug 29)

**Unfolding the Heart with Asana in Purna Yoga**

The heart-center is the seat of our truest connection with ourselves. Learning to awaken and access it is critical to leading a purposeful and fulfilling life. In this class, we will use asanas to begin to tap the heart-center's magnificence.

\*Intermediate/Adv

Fri, Sept 10 , 2:30-5:30pm \$60 (\$70 after Aug 29)

**Yoga Mind, Yoga Life**

Our current lives are a result of our past thoughts and decisions. Learn yogic techniques for the control of your thoughts and the connection with your Spirit, leading to a happy control of your life. Bring a blanket, mat, and whatever else you need to sit comfortably. Discussion and meditation.

Sat, Sept 11 , 10am-1pm \$60 (\$70 after Aug 29)

**Healing Headaches**

A headache is your body telling you something is wrong. Headaches are not to be stopped, but understood. In Purna Yoga™, students are taught to explore the causes of their headaches, and use the physical yoga, yogic philosophy, nutrition, and meditation to deal with and then transform headaches into useful energy for living life. Come and explore your body, and what it is telling you.

All Levels

Sat, Sept 11 , 2:30-5:30pm \$60 (\$70 after Aug 29)

**The Inner Light Replaces Fear in Purna Yoga™**

Fear is the lack of connection with our inner Light and power. Use powerful meditation principles and techniques of Purna Yoga™ to explore, discover and conquer inner fear, using your own inner Light.

Sun, Sept 12 , 10am-1pm \$60 (\$70 after Aug 29)

**Twists and preparation for arm-balances in Purna Yoga™**

Twists are a critical yet much misunderstood part of the asana practice. Twists increase the gastric fire, and thereby improve digestion (which is, according to Ayurveda, the root cause of practically all disease). Additionally, twists release the tiny inter-vertebral muscles, thereby releasing tension all through the spine. In one half of the workshop, Aadil will teach the basics of twists, explaining their physical and organic effects. Many of us do arm balances as a part of regular practice. Aadil will explain and teach the necessary preparations required to prevent injury and develop balance and strength. Intermediate/Adv

Sun, Seot 12, 2:30-5:30pm \$60 (\$70 after Aug 29)

**Intermediate Pranayama exploration in Purna Yoga™**

Breath is the most fundamental connection to life's physical essence. For the intermediate student, the practice of pranayama is indispensable to a calm and peaceful state of mind as well as a clear and focused brain. Aadil will cover, in this one-of-a-kind workshop, an in-depth analysis of Viloma, Pratiloma, Surya Bhedana, and Chandra Bhedana pranayamas. Then he will lead the class in the practice of them, with appropriate breaks and sequencing. This is an opportunity for those with a basic pranayama practice to deepen their understanding of these advanced-beginning and intermediate pranayama practices. Intermediate/Adv Many of us do arm balances as a part of regular practice. Aadil will explain and teach the necessary preparations required to prevent injury and develop balance and strength. Intermediate/