



T E A C H E R
T R A I N I N G

A A D I L
P A L K H I V A L A

P u r n a Y o g a™

Date: Mon-Fri, Sept 17-21, 2007

Price: \$875 (\$975 after Aug 17)

Time: Mon-Thu 9 am-12 pm & 1:30-5 pm
Fri 9 am-12 pm & 1:30-4pm

Location: 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 is the co-founder and director of internationally renowned Yoga Centers in Bellevue, Washington, and The College of Purna Yoga, a 1,700 hour vocational college accredited by the state of Washington, with his wife, Mirra. Aadil is the author of the book, *Fire of Love: Teaching the Essence of Yoga*, and is an “asana expert” for *Yoga Journal* magazine and website. He is regularly featured in, *My Yoga Mentor* email newsletter. Constantly educating himself in his passion for teaching the “whole yoga,” Aadil has degrees in law, physics, and mathematics, and is a certified Shiatsu and Swedish bodywork therapist and a clinical hypnotherapist. He is also a federally certified naturopath and an ayurvedic health-science practitioner.

R E G I S T R A T I O N F O R M

NAME _____

ADDRESS _____

CITY, St, ZIP _____

PHONE _____

EMAIL _____

\$150 DEP. REQUIRED TO REGISTER

PMT AMT CASH CHECK VISA/MC AMEX DISC PAYPAL

CARD NO. _____ EXPIRATION DATE _____

SIGNATURE _____

O F F I C E U S E O N L Y

OMBASE ENTRY BY _____ DATE _____

REG LETTER MAILED BY _____ DATE _____

EMAIL CONFIRMATION _____ DATE _____

The Beginning Teaching Training is a deep study and practice of the foundational work of teaching asanas. The training consists of five days of classes in teaching methodology and practice, meditation, musculoskeletal anatomy and physiology, and nutrition. Students work in-depth with Aadil, learning how nutrition and philosophy are incorporated into yoga classes. As in all Purna Yoga classes, training will be given as to how Purna Yoga is to be lived. You will gain a deeper understanding of the roles of nutrition, yogic philosophy, and meditation (transformative spirituality) in your life. While the course focuses on how to teach yoga, the work inspires personal growth and inner wisdom.

Instruction in teaching alignment-based asana and pranayama is the foundation of the Beginning Teacher Training course. This week long intensive includes learning how to teach the basics of standing poses, inversions, twists, backbends, front bends, the Opening Series, Morning series, Hip Series, Classical Surya Namaskar, and the basics of pranayama posture and Ujjayi pranayama. The course will also include training in yoga anatomy, the use of props, adjustments, basic therapeutic applications, and how asana relates to one’s daily life. In addition to the asana and pranayama, attention will also be given to the inner aspects of yoga.

This workshop is for you if you want to deepen your current yoga teaching skills, if you intend on teaching some day and want to start developing your knowledge and skills, or if you wish to work towards certification through the College of Purna Yoga. The course is taught from the perspective of training teachers how to teach, and is primarily lecture, demonstration, and application. The cost includes Aadil’s coveted and fully revised manual, *Purna Yoga Beginning Teacher Training Manual*.

Prerequisite: A minimum of one year of alignment-based yoga is required; three is recommended. Also, an All-Levels Intensive with Aadil is recommended if you have not previously studied with Aadil.

