



S P E C I A L E V E N T  
**JIM BENNITT**  
*Tantric Vinyasa  
 Teacher Training*

**Date:** Thu-Sun, Oct. 8-11, 2009

**Location:** Moksha Riverwest 700 N Carpenter

**Jim Bennitt**, began his studies of Yoga, Tantra and Ayurveda in 1997. Before teaching Yoga, he worked on the trading floors of The Chicago Board of Options Exchange and the Chicago Board of Trade. In June of 2000, Jim said good bye to the hectic life of the trading floors and began a new life working as a massage therapist. About the same time, he moved to the riverwest neighborhood of Chicago where he stumbled upon Moksha Yoga Center. He was deeply inspired by the teachers at Moksha as well as the master teachers which came through every weekend. Before long, Jim was practicing everyday at Moksha. Since then he has completed Moksha's teacher training with director Daren Friesen, traveled to Kiev, Ukraine for a two month intensive study of Universal Yoga with Andre Lappa. He has completed eight teacher trainings and continues to study and assist master teachers in trainings nationwide as well as present classes and workshops throughout the U.S. Jim's classes incorporate asana, pranayama, bandha, mudra, kriya, mantra, pratyahara and dharana techniques rarely taught in Yoga classes today.

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

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

**\$30 DEP. REQUIRED TO REGISTER**  
 PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  ONLINE

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 \_\_\_\_\_

**Thur -Sun Schedule**

- 9am-11am: Tantric Vinyasa Asana -- open to anyone who wants to practice (mandatory for teacher trainees)
- 1pm-6pm: Teacher Training

This one of a kind training will take your practice/teaching to a truly deeper level. Discover how to make your teaching/practice more than just a physical workout. The four day training will include:

**TANTRIC PHILOSOPHY AND WORLDVIEW**

- Tantra means to weave or move beyond limitations. It is a science and philosophy on how to weave together the spiritual and material worlds as well as excel beyond any limitations through ancient, time tested practices which help you "create your own destiny".

**VINYASA KRAMA**

- Vinyasa means to place in a special way and krama means steps or stages. This portion of the training will focus on intelligent sequencing to create a desired effect (physically, energetically and mentally).

**PRANA VIDYA**

- Prana is the vital life force and vidya means science. One of the main objectives of a Yoga practice is to build the vital life force. This portion of the training will focus on building prana and also redirecting it to the area you or your students need it most.

**TANTRIC DHYANA**

- The tantrics had a unique approach to dhyana or meditation. They were using meditation to actually change the quality of their material as well as spiritual life. Discover time tested techniques to help you expand any limitations in both material and spiritual realms.

**Teacher Training\* \$400 (\$425 after 9/28) No drop-ins available.**  
*Includes all the Tantric Vinyasa Asana Classes and the Teacher Intensives listed below.*

**Thu-Sun , Oct. 8-11: 9-11am Asana  
 1-6pm TT**

*\*Teacher Training Sessions are designed to fit together as a whole and to be supported by the Asana classes. They are only available as a package that includes the entire weekend.*

**Tantric Vinyasa Asana Classes**

**All 4 Asana Classes (below) \$100 (\$120 after Sept 28)**

**Thursday, Oct. 8, 9-11am \$30 (\$35 after Sept 28)**

**Friday, Oct. 9 9-11am \$30 (\$35 after Sept 28)**

**Saturday, Oct. 10, 9-11 am \$30 (\$35 after Sept 28)**

**Sunday, Oct. 11, 9-11 am \$30 (\$35 after Sept 28)**



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