



Date: **Fri-Sun, Apr 4-6, 2008**
Mon-Fri, Apr 7-11, 2008

Location: **Moksha Riverwest**
 700 N Carpenter

Kai Hitzer has studied with his Kalari teacher C.M. Sherif Gurukkal of the Kerala Kalarippayat Academy (KKA) since 2003. KKA have been the Indian representatives at the World Martial Arts Conference since 2002 and are one of the few schools which teach comprehensively all three styles of Kalarippayattu (Vadakkan Sampradayam, Madhya Sampradayam, Tekkan Sampradayam), Kalari Chikitsa and the shamanic postures of Kalari Yoga.

For more information about Kai and Kalarippayat (Indian Martial Arts) please visit mokshayoga.com.

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W O R K S H O P

KAI HITZER

Entering Gaja Mukha

An Introduction to Kalarippayat

All Four Classes **\$120** (\$145 after Mar 27)

Five Morning Practices - Mon-Fri, Apr 7-11, 7-9am **\$80**

Foundations: Surya Namaskara, Kalugal & Vadivu
 Fri, Apr 4, 6:30-9pm **\$35** (\$45 after Mar 27)

The Kalari practitioner is commonly referred to as abhyasi, the repeating one. In this first session, the abhyasis will be introduced to some key elements of the practice: Grounding, steadfastness, focus, alignment, flow and expanding the sensory awareness. After set of Surya Namaskara in the Kalari tradition we will start with a characteristic nadi stretching exercise called Kalugal. We will conclude with Vadivu, animal postures.

Salutation: Puthara and Kalari Vandanam
 Sat, Apr 5, 10am-12:30pm **\$35** (\$45 after Mar 27)

Every Kalari class in the Vadakkan Sampradayam style will start the main practice with one form: The Vandanam. It is in this form that we prostrate in front of the seven-step-altar in the southwest corner of the Kalari called Puthara and salute the sacred space of the Kalari. The Vandanam is an ageless and beautiful flowing sequence that includes many of the animal postures, as well as a set of absolutely unique movements.

Siva and Sakti: Kaikuttippayat - Siva Pilaitangi I
 Sat, Apr 5, 2:30-5pm **\$35** (\$45 after Mar 27)

Siva and Sakti forms are the heart of the practice. We will start with Siva forms, often known as Kaikuttippayat. Siva and Sakti forms have different families. The family of Siva forms that we commonly start with is called Pilaitangi. This is a body form. Here powerful energy is created by focusing on male aspects: Stamina, grounding, alignment, will power and the pure and emotionless aspect of energy culminating in the transformative fury of the Siva Tandava.

Siva and Sakti: Meippayat - Sakti Arapukai I
 Sun, Apr 6, 10am-12:30pm **\$35** (\$45 after Mar 27)

Sakti forms are also referred to as Meippayat. Our final sessions will focus on the beautiful first Sakti form from the Arapukai branch. Here the rich spectrum of the Siva and Sakti forms in Kalari becomes truly apparent. More than a mere body form, the Sakti is a form of the mind. In Sakti forms we learn how to move energy and focus on female aspects: flow, creativity and intelligence. We will conclude our final session with a short Q&A.

