



Yoga School Kailua

A 501 (C)(3) non-profit corporation
& Hawai'i Yoga Prison Project
<http://www.yogakailua.com/808-262-0730>
808-262-0730

An all around Yoga school &
A 200/500 level Teacher Training School



Presents Workshops for a New Life for you

YOGA AS A WAY OF LIFE **YOGA NO MICHI**



THREE DAY COURSES OF STUDY IN KAILUA, HAWAI'I

MARCH 5, 6, 7, 2010

APRIL 2, 3 & 4, 2010

MAY 7, 8, & 9

JUNE 4, 5, & 6

JULY (to be announced)

THE COURSE

According to a recent **New York Times** article, seven percent, or close to 16 million Americans are practicing Yoga. Americans spend nearly \$6 billion a year on Yoga. It can reasonably be said that many of us have moved beyond our Yoga practice being a temporary lifestyle choice, where we wait for the next fad, trend or guru to follow. For those of us who are presently or would like to explore the possibility of following a Yogic way of life in the 21st Century, our **Yoga School of Kailua's (YSK)** three day courses, **Yoga As A Way Of Life** or **Yoga no michi**(in Japanese), is the right choice for you.

What do we mean by Yoga As A Way of Life? Health, like Yoga, is a delicate balance of physical, emotional, and spiritual well-being. What does Yoga practice as a whole—all of the Eight Limbs of the Tree of Yoga, as described by the legendary sage, **Patanjali**, offer us as a manual for conducting our present day lives? What do we need to know or be reminded of to keep our bodies well nourished, nimble and strong; our minds focused and still; our moral compass pointing in the right personal and planetary ethical direction?

WHAT YOU CAN EXPECT TO LEARN

1. An overview of all parts of the whole of Yoga—yamas, niyamas, asana, pranayama, pratyahara, dharana, dhyana and samadhi. Translation: personal meditation and self-realization

2. How to safely modify your asana (physical) postures and pranayama (breathe/electric magnetic energy) exercises in an age appropriate manner.

3. Discussion of the philosophic teachings and instructions for living a healthy and meaningful psychological and meditative life, as passed down to us in Patanjali's ancient "Yoga Sutra" and the 20th century writings of J.Kristnamurti.

4. The joy of Learning about your true self in relationship to your teachers, fellow Yoga students and community.

5. Working on a daily basis with two Yogi's who have, to the best of their respective abilities, lived the life of modern Yogi's collectively for almost seventy years.

6. Ideas for a well-balanced, nutritionally enriched, low carbon footprint, weight-reducing, leisurely, mostly plant-based, organic, energy enhancing, delicious and fun filled diet. All of these factors will be demonstrated in an end of the course group prepared and enjoyed ethnic themed feast (homemade chocolate delights included!). Our food philosophy can be summed up as follows in seven words (while quoting from **Michael Pollen's** book, **Food Rules: An Eater's Manual**): "Eat food. Not too much. Mostly plants."

7. Fundamental Yoga postures to build inner strength and help students take their practice to the next level of physical development. We call it **YOGA AND STRENGTH TRAINING**. The training emphasizes in a safe manner the strengthening of a student's inner core, while firming the butt, arms, legs, and abdominal muscles. It offers increased physical ease, especially for us aging Yogi's, in all aspects of work and recreation, such as, walking, gardening, climbing stairs, swimming, running, and biking. Through a careful balance of asana poses and light weights, it also helps minimize bone density and muscle loss as we age after the age of thirty.

WHO WE ARE: YOGA SCHOOL OF KAILUA, Inc.(a Yoga Alliance 200 and 500 hour teacher training and general public Yoga school, based in Kailua, Hawai'i, was founded and is operated by its two founders and senior teachers, Lu and Tom DiGrazia, who collectively have been practicing, teaching and living Yoga for over 70 years. **SEE: yogakailua.com for bios.**

Philosophy

We believe that Hatha Yoga (physical poses and breathing energy exercises) is not designed for practitioners to endure uncomfortable conditions in a robotic environment, often even painful manner. We believe that Hatha Yoga is meant to be "steady and easy", and an enjoyable, continuing source of regeneration and creativity for everyone.

Hatha Yoga, which makes up two of the Eight Limbs of Yoga, is not solely designed for “hothouse,” young athletes, although greater youthfulness and body awareness is often the by-product of such practice. In contrast, to current general practice and teaching in America and Japan, Yoga is all about the Union of the male/female or yang/yin energies in our body/mind.

Yoga is the Path (michi) to Self-Realization, and Hatha practice is a principle tool for achieving this end. Our course is principally designed for Yoga students who have already discovered the great physical benefits of Yoga practice. We seek students and kindred souls who want to go more deeply into the philosophy and *Way of Life of a 21st century Yogi*. Together we will explore the Yoga of the great sages, who saw the study and practice of all aspects of Yoga—physical, moral, emotional and spiritual, as the road to knowing who we are and what our purpose in life is.

The knowledge of Self and our connection to All That Is promoted by your participation in this course will help you deal effectively with the complex personal, ecological, humanitarian and political issues of the 21st century and beyond.

WHAT

Based on our belief that Yoga should be “steady and easy,” we have designed a series of three day Yoga courses which are jammed packed with information, rejuvenation, group sharing and communication, and, most importantly, fun.

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

Daily Course Overview and Schedule

Overview

Day 1 Orientation/Overview/ Interviews

Learning Asana and Pranayama From The Inside Out: Anatomy/Physiology/Safety Concerns
Meditation/Pranayama/Asana and Modifications/Philosophy/Yoga Texts and Yamas

Day 2 The above plus Niyamas, Pratyahara and Dharana

Day 3 The above plus Dharana, Samadhi, Yoga as Way of Life, and Group Discussion/Questions and Answers/Evaluation Evening ethic themed feast

Daily Schedule: 8:00 AM to 12:00 Noon and 1:30 to 4:30 PM, with brief periodic breaks.

WHERE

Our beautiful private studio in Lanikai, Kailua, Hawai'i

WHEN

March 5, 6 & 7

April 2, 3 & 4

May 7, 8 & 9

June 4, 5 & 6

July (to be announced)
September
October
November
December

COSTS:

Instruction fee: \$395.00 per person(5% couple discount), which includes our ethnic feast.

CLASS SIZE

Minimum class size is five students, with a maximum of ten students per course.

QUESTIONS:

Email: digrasiat001@gmail.com or pagebrandon@me.com in English or Japanese or call Tom @ 808-262-0730 or Brandon @ 808-561-4757.

