



November 20th - 21st 2010

Energetics of Asana Practice & Purification

with Jeff Phenix from London



This yoga weekend immersion is for yoga students keen to explore the full potential of their yoga practice and to deepen their experience and understanding of yoga as we will be exploring the rich array of yogic practices (not just asana!) and subtler details of Hatha and Raja yoga that we have little time to focus on in a normal class situation. Ideally all 4 sessions should be experienced 'as a whole' but they can be taken individually.

Saturday, Nov 20th	
9:30 am – 12:30 pm	The Energetics of Asana Practice ①
2:00 – 4:30 pm	Working with the Chakras ②
Sunday, Nov 21st	
9:30 – 11:00 am	Purification & Transformation ③
1:30 – 4:00 pm	Ease the Stresses ④

Class descriptions:

- The Energetics of Asana Practice** – In this workshop we will be playfully exploring how to experience and create more freedom and vibrancy in our yoga practice by awakening and freeing the peripheral outer body to activate the subtle inner energy body. We will explore a range of ideas including yielding to gravity, Hasta and Pada bandha, finding energetic continuity throughout the body by effectively stabilizing and playing with the 'voltage' through our lines of energy as we play with our 'edge'. Being moved by breath and embodying effortless effort, we will discover how to practice harmoniously mindfully and skilfully for a practice that is enlivening and liberating. Open to all levels except complete beginners.
- Working with the Chakras: asanas + practices to balance the energies of the chakras** – Chakra is an ancient sanskrit word meaning wheel or vortex. In ancient Indian traditions there are seven basic chakras (energy centres). Each chakra corresponds physically to the seven main nerve clusters that run up the spinal column. The chakras control the circulation of prana (life force) on an energetic level and relate to states of mind, emotions and ideas. Long-held tension or low self-esteem can cause the chakras to become blocked or sluggish. With concentration on the chakras combined with yogic practices that correspond to each chakra, you can stimulate the flow of energy through the chakras, releasing blocks and clearing a path to self esteem, well being and higher consciousness. This workshop will introduce ways of using asana (yoga postures) to connect to and work with your chakra energy centres. It will give you a deeper understanding of the chakra system and how different asanas and yogic practices affect and activate different chakras. This experiential workshop will include physical postures, pranayama, prana mudra and a short meditation. Open to all levels except complete beginners.
- Purification & Transformation** – Come and enjoy a powerfully purifying morning of invigorating transforming and explorative Yoga practice that will focus on detoxing cleansing and purifying the physical, energetic and mental bodies. With acceptance and compassion we will delve into asana (particularly twists, heart opening back bends and core work), bandhas (energetic locks - including full uddiyana and working up to nauli), kriyas (cleansing practices), mudra (sacred gestures or attitudes), pranayama (expansion of life force) and meditation. Open to all levels except complete beginners. Please do not eat for 2-3 hours before hand. This workshop is not advisable during periods of menstruation or pregnancy, with high blood pressure, heart problems in general or ailments of abdominal organs.

- Ease the stresses of urban life and promote healing and transformation** – An afternoon 'lunar' practice that is calming, soothing and rejuvenating to help to balance the tendency for our busy urban lives to leave us feeling fatigued stressed anxious or low on energy. Most of us would benefit from (at least occasionally) taking the time to slow down and work with gentle and restorative postures where the body is supported effortlessly in a comfortable and easily accessible posture using props like blankets and bolsters. This enables deep physical and mental releasing and relaxation – meaning we don't have to use energy to gain energy! It activates the parasympathetic nervous system, helping our body's own internal healing processes to work which restores balance to the nervous system, improves digestion, assimilation and immune function plus quiets the over-active and taxed adrenal glands which pump the toxic stress hormones. Ignoring our basic human need to rest properly will affect our health and well being and in the long run can lead to sickness and dis-ease. This session will give attendees the tools to, in their everyday lives, de-stress recharge and rejuvenate in as little as 5-10 minutes. We will finish with a deeply healing guided relaxation (yoga nidra). Open to all levels except complete beginners.



Jeff Phenix

Jeff is one of London's leading yoga teachers and currently trains yoga teachers on Triyoga's teacher training course. He is inspiring and highly regarded as a teacher because of the energy, compassion and insight he brings to his unique style of teaching which emphasizes the true spirit of yoga. Strong but soft, dynamic yet meditative – his seriously playful emphasis on right and skilful action helps to bring joy, inner peace and harmony. He loves being creative and encouraging his students to explore experiment and experience their

yoga practice in new and different ways. He is influenced by a wide range of different yoga styles including the emphasis on breath and movement of Vinyasa flow, the precision of Iyengar, the heart orientated grace of Anusara, the individualized aspect of Viniyoga and the traditional philosophy and spirituality of the Jivamukti and Satyananda schools. Please see www.phenixyoga.com for more details.

Private Yoga

INSTITUTE

Private Yoga Institute
Mörfelder Landstraße 44 (im Hinterhaus),
Höhe Südbahnhof, Frankfurt am Main
www.private-yoga-frankfurt.de

Prices	
Whole weekend (all 4 classes)	EUR 115*/EUR 125
Single class	EUR 35*/EUR 38
Two classes	EUR 66*/EUR 70
Three classes	EUR 93*/EUR 98
* early registration (and payment) before Oct 7th	

Bookings/Informations: Tel 069 - 66426850
OR
kontakt@privateyogainstitute.de

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

Private Yoga Institute & Jyoti Design GmbH
Commerzbank Frankfurt, Kto 0092601201, Blz 500 800 00
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