



Feb 25th - 27th 2011

Yoga of Sound

with **Janne Kontala** Helsinki



During this course we will be investigating various ways of elevating our consciousness through the use of yogic sound. This involves the following: use of mantras in meditation, chanting of mantras and verses, singing, yogic philosophy through stories.

The yogic philosophy is very rich and can be approached from various angles. In this course we will take a look at the colourful world of Mahabharata, India's great epic narrative, part of which is one of the most important yogic texts, the Bhagavad-Gita. We will follow the yogic path of the great warriors of the Pandava family. By following their adventures we will learn about the principles of yogic practice in real life, away from the yoga mat. One can be a yogi even on a battleground!

No previous background of Indian philosophy or chanting is necessary to participate. Ideally all 5 sessions should be experienced 'as a whole' but they can also be taken individually.

Friday, Feb 25th

6:30 – 9:00 pm* **Introductory evening**

Saturday, Feb 26th

10:00 – 12:30 pm* **Special focus*:
Chanting - a tool to awaken spiritual consciousness**

2:00 – 4:30 pm*

Sunday, Feb 26th

11:00 – 1:30 pm* **Special focus*:
Mantra meditation - direct encounter with the divine**

2:30 – 4:30 pm*

For ALL participants of one or more classes of the workshop: free mysore practice sun, 9:00 - 10:30

***In every session all aspects (philosophy, chanting, mantra meditation) will be dealt with.**



Janne Kontala

In 1992 Janne got first involved with ashtanga-vinyasa with teachers such as Petri Räisänen and Derek Ireland. In addition to this more physical introduction to yoga, he also underwent a traditional education and developed an interest in the use of sound in yoga. This involves the practice of mantra-meditation, chanting and yogic philosophy. After five years of full-time immersion in an traditional ashram environment in India and Finland, he complemented his education with an academic

masters degree in Comparative Religion, focusing on Indian tradition at the University of Helsinki.

Since 2000, Janne has completed two yoga-teacher training programs and has been running his own yoga-shala in Helsinki as well as teaching the philosophy of yoga and practices involving sound. He is conducting workshops and teacher-trainings mainly in Finland and Sweden.

Prices	
Whole weekend	EUR 155/EUR 140*
Introductory evening	EUR 30
Single class	EUR 35
2-4 classes	per class EUR 32/EUR 30*

* early registration by Feb 1st/PYI members

Bookings/Informations: Tel 069 - 66 42 68 50
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
IBAN DE42500800000092601201, SWIFT DRES DE FF XXX

Private Yoga
INSTITUTE

Private Yoga Institute
Mörfelder Landstraße 44 (im Hinterhaus),
Höhe Südbahnhof, Frankfurt am Main

Telefon: 069 - 66 42 68 50
E-Mail: kontakt@privateyogainstitute.de
www.private-yoga-frankfurt.de

