

Govinda Kai: Philosophy & Practice

Workshops / May 24 to 29, 2011



With over 30 years of experience of Yoga and a diverse set of spiritual disciplines, **Govinda Kai** brings a rich background and wealth of knowledge to every class that he teaches. Govinda Kai has been deeply blessed by being able to directly study with some of the greatest masters of this era, including Sri K. Pattabhi Jois (Ashtanga Vinyasa Yoga) with whom he has studied with every year in Mysore, India since 1995

until Gurujii's death last year, Sogyal Rinpoche (Tibetan Lama and author of Tibetan Book Of Living & Dying), Swami Muktananda (Founder of the Siddha Yoga movement), as well as, many internationally known yoga teachers (Richard Freeman, Tim Miller, David Swenson). Govinda is one of the few certified Ashtanga teachers.

During his time living in New York City he taught at the Jivamukti Yoga Center directly under the direction of Sharon Gannon and David Life.

Govinda had the opportunity to work with numerous celebrities and high profile individuals. He spent significant time teaching private lessons to Christy Turlington and to Sting and his wife, Trudi. Also Gwyneth Paltrow took her private lessons with Govinda Kai.

Teaching Yoga to this kind of people afforded Govinda a chance to meet and get to know people living extraordinary lives under extraordinary circumstances.

Born in San Francisco, Govinda now lives in Japan with his family.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6.30 – 8.30 Mysore	6.30 – 8.30 Mysore	6.30 – 8.30 Mysore	6.30 – 8.30 Mysore		6.30 – 8.30 Mysore
		19.00 – 20.30 Led class	19.00 – 21.30 Yoga Diet & Nutrition	19.00 – 21.30 Yoga & Daily Life	9.30 – 12.00 The Art of Back Bending	9.30 – 12.00 The Secrets of Arm Balances
					14.00 – 16.30 Elements of Forward Bending	14.00 – 16.30 Love & Friendship

Prices		
Workshop	1 x	EUR 40
Workshop	6 x	EUR 220 / 200*
Mysore	1 x	EUR 35
	3 x or more	EUR 30
Mysore complete		EUR 130 / 120*
Led class		EUR 25
TOTAL SPECIAL		EUR 355 / 340*

* Early bird for registrations till April 8.
Terms and conditions: Next page.





Lecture Contents



Yoga Diet & Nutrition

One of the most important parts of our lives and one of the most confusing topics of our times is that of diet and nutrition. If you begin to explore this subject, you will find so many different opinions about what to eat and what not to eat. Everyone who proclaims themselves to be an expert in this area of life seems to think that their opinion is the best one.

How can we navigate our way through all these different opinions to find the method of eating and choosing the foods that we eat as the one that will work best for us?

A diet that supports our yoga practice and spiritual life is a particularly challenging puzzle that will confuse even the most intelligent and dedicated practitioners.

In this lecture/discussion, we will explore different ways of looking at the body and its relationship to food in a way that will make the challenge of choosing the right foods in the right moments much more clear and easy to understand. Choosing the foods that we eat and the best diet to support our yoga practice need not be so troublesome and stressful. It actually can be simpler and more joy-filled than you might imagine.

Come and learn some powerful secrets about food and diet that will change the way that you eat forever.

Love & Friendship

The quality of our friendships and love relationships is truly what defines the difference between a life well-lived and a life that is dominated by boredom and desperation. The quality of our relationships also is reflective of the quality and depth of our spiritual practice.

The keys to understanding our own selves are also the same keys that lead to fulfilling and lasting relationships in our lives. Let us dive deeply into a discussion in which we can better understand what is the difference between a human relationship that is filled with deep love, trust, honesty and loyalty and a relationship that is merely superficial or even downright destructive.

Technical and Philosophical Elements of Forward Bending

The forward bend is the most common element in yoga practice, particularly in the primary series of the Ashtanga system. In this session we will explore the more technical and subtle aspects that make forward bends deep and transformative. We will also explore the symbolic and emotional implications of the forward bending position.

Understanding the forward bend is one of the main keys to creating a truly powerful practice and is also a way to ground an understanding of how to live a more fulfilling life.

Yoga & Daily Life

Yoga was never intended to be just a physical practice. Yoga is a fully integrated practice, which means that it was designed to deeply affect nearly every single part of one's life. In this lecture/discussion, we will cover a number of different ways that a student of yoga can maximize the true power of yoga in one's everyday life. There are particular ways that we make choices in our day to day life that can bring the deeper power of yoga to fruition. It is extremely powerful when you can see the magic and the joy of your yoga practice begin to show results in the way that you work and in the way that you interact with every single person in your life.

Lecture Contents



With Sri K. Pattabhi Jois

The Art Of Back Bending

The back is the most mysterious and complicated area of the body. More nerve endings exist along the spinal column than in any other area of the body. Even the most knowledgeable experts in the area of back medicine have declared

that they still don't truly understand the subtleties of the back. In this session, we will explore the more detailed elements of the bending of the back and all the aspects that go into a deep and powerful back bend. Back bending also holds the key to many of the emotional and psychic obstacles that we encounter in our personal lives. By understanding back bending, we can begin to seriously overcome what holds us back in life.

The Secrets Of Arm Balances

In the Ashtanga Yoga sequence, we perform arm balances in every single vinyasa or transition. Every time we jump back or jump forward, we perform an arm balance. For many practitioners, at best, arm balances are something we „try hard“ to do. Most people do not have the understanding of the details that go into creating a powerful arm balance. The secrets to arm balances are not as mysterious and as difficult as most people think. In this session, we will cover the most basic elements of an arm balance which will give you a whole new perspective on a part of practice that is often misunderstood.

Workshop information

As the number of participants in the workshop is limited, places are allocated 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.

