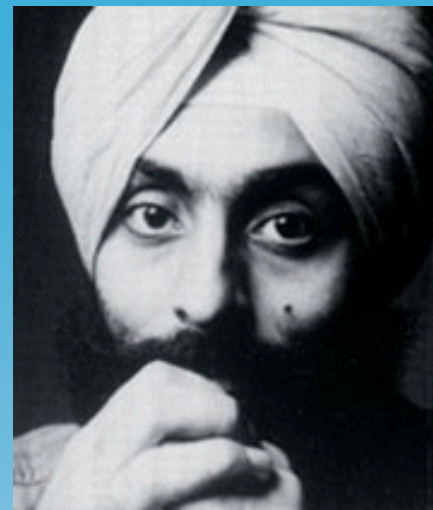


FIVE TOOLS OF YOGA:

with **NAVTEJ JOHAR**

FEBRUARY 19-21, 2010. ANN ARBOR, MI

- ASANA,
- PRANAYAMA,
- MEDITATION,
- VEDIC CHANTING &
- RITUAL



Adopting the theory and philosophy into practice.

T Krishnamacharya, known as the father of modern yoga, recommended five tools of yoga designed to engage different faculties at our disposal with the aim to bring clarity and stability to the mind. These five are asana, pranayama, meditation, (Vedic) chanting and ritual: asana deals with the strengthening, limbering and aligning of the spine; pranayama treats the breath making it smooth, restful and long, meditation helps to methodically calm and center the mind, chanting involves speech and hearing to create resonance in the body, and finally with ritual we may punctuate our time and space with reminders that help make our lifestyles more conducive to practice.

In the weekend workshop, Navtej Johar will guide participants through these five tools of practice: asana to focus on refining personal practice and principles of correct sequencing; pranayama techniques will be taught; meditations to gently appease the obsessions of the mind and lead it to become more absorbed in the chosen object of attention; correctly chanting Patanjali's principle Yoga Sutras and finally the participants will each be invited to create personal rituals for themselves that will help to better commit them to their yoga practice.

SCHEDULE:

Friday 2/19 6:30- 9pm
Saturday 2/20 8:30-10:30AM
1:30-6:30 pm
Sunday 12:30-5 pm

This workshop counts toward YA cont. ed. & toward Sun Moon & Multidimensional Yoga Therapy Certification Programs.

COST:

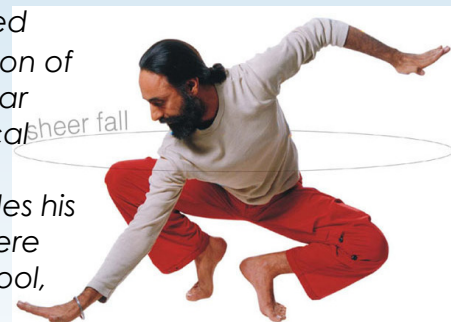
\$275; \$225 by 5pm 2/9

TO REGISTER:

Please see sun-moon-yoga.com

Or call 734-929-0274

NAVTEJ JOHAR is a dedicated student/teacher of yoga in the tradition of Sri Krishnamacharya and Sri Desikachar since 1985. Also an acclaimed classical Indian dancer, his teaching is flow-oriented. Widely traveled, Johar divides his time between the USA and India, where he runs his own yoga and dance school, Studio Abhyas, at New Delhi.



404 W. Huron Ann Arbor 48103. 734-929-0274

sun-moon-yoga.com