

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

Entire Intensive with Aadil December 8-11

_____ \$100 deposit (\$475 balance due 11/24)

_____ \$575 entire fee (by 11/24)

_____ \$620 entire fee (after 11/24)

Single Day Rate with Aadil

\$160 (by 11/24) \$170 (after 11/24)

_____ Friday December 8 **All Day Only**

_____ Saturday December 9

_____ Sunday December 10

_____ Monday December 11

Three Hour Classes with Aadil

\$85 (by 11/24) \$90 (after 11/24)

_____ Purna Yoga™ Flow - 9:30a.m. Sat. 12/09

_____ Balancing Your Practice 2:00p.m. Sat. 12/09

_____ Strength, Poise & Balance 9:30a.m. Sun. 12/10

_____ Principles of Twists 2:00p.m. Sun. 12/10

_____ For the Love of Yoga 9:30a.m. Mon. 12/11

_____ Relieving Stress 2:00p.m. Mon. 12/11

TOTAL enclosed \$ _____

For credit card payments contact:

Registrar: Yuki Agoot 808.640.1544

E-mail: yuki.agoot@gmail.com

Check or money order mailed to:

Big Island Yoga Center

PO Box 2233, Kealahou, HI 96750

Aadil Palkhivala

with degrees in law, physics and mathematics, is one of the world's top yoga teachers and, for over 35 years, has had the reputation as the "teacher of teachers" since the world's finest teachers study with him. He began his studies with B.K.S. Iyengar at the age of 7, and was the youngest person to be awarded the Advanced Yoga Teacher's Certificate from Iyengar at the age of 22. He has been training yoga teachers in India, Asia, Europe and the United States since 1976. Aadil writes for Yoga Journal Magazine and been an "Asana Expert" for both the magazine and website. He is frequently a keynote speaker internationally. Aadil is the author of three Teacher Training manuals and *Fire of Love*, the book that seeks to restore the essence of yoga. Aadil is a Certified Shiatsu and Swedish Bodyworker and a Clinical Hypnotherapist and has extensively studied alternative health and Ayurveda. Aadil is the founder and director of internationally-renowned Alive and Shine Center in Bellevue, Washington and Purna Yoga™ College a 200-hour, 500-hour and 2,000-hour Teacher Training program. For more information go to www.aadil.com.

Payment Calendar & Refund Policy

Preference in registration is given to those registering for the full workshop by November 24. If you wish to take single days or individual classes, please send your registration as early as possible. After November 24, these registrations will be processed in the order in which they were received.

By 11/24: Payment in full for Early Bird rate

After 11/24: Full rate applies

December 1: All payments and any requests for refunds must be received. A 75% refund may be given only if a replacement for your space can be found.

• **Space is limited** •

• **Register early** •

Registrar: Yuki Agoot 808.640.1544

E-mail: yuki.agoot@gmail.com



Purna Yoga™ Weekend with Aadil Palkhivala



**Big Island Yoga Center
Kealahou, Hawaii**

808.329.YOGA (9642)

www.bigislandyoga.com

We are a Hawaii Non-Profit Corporation

Workshop Schedule

Purna Yoga™ Weekend with Aadil Palkhivala

This is a mixed level workshop

Friday 12/8	9:30a.m.-12:30p.m. 2:00-5:00p.m.
Saturday 12/9	9:30a.m.-12:30p.m. 2:00-5:00p.m.
Sunday 12/10	9:30a.m.-12:30p.m. 2:00-5:00p.m.
Monday 12/11	9:30a.m.-12:30p.m. 2:00-5:00p.m.



ALL CLASSES will begin with a discussion on the practical application of yoga philosophy into one's life.

Friday, December 8

Understanding Your Energy Flow in Asana & Life 9:30 a.m. - 12:30 p.m. and 2:00 p.m. - 5:00 p.m.

We practice and practice and we feel good. Yet so often, our lives do not make huge shifts for the better. Is the practice designed to solve all life problems? Are we missing something in our practice? Is there more that we must do? Answer these powerful questions with Aadil as you spend a day learning where your practice has holes and leaks and how yoga is designed for true joy and freedom. *All levels*

All Day Class Only

You will learn:

- How to balance your asana practice with active and restorative poses.
- How intention and mental focus are the secret behind the practice.
- Small and powerful lifestyle changes that will bring the joy of yoga into your life.
- What zaps your energy.
- What gives you energy.

Saturday, December 9

Purna Yoga™ Flow - Sweat & Glow:

9:30 a.m. - 12:30 p.m. The beauty of the Purna Yoga™ Power Series is the smooth, flowing movements coordinated with the breath with a thoughtfully arranged set of poses designed to cultivate external strength and internal power. The Series will require intense focus and a willingness to grow and change. The Series will help remove blockages both internally and externally. Prepare to work deeply and rest deeply afterwards. *All levels*

Power and Humility –

Balancing Your Practice for Inner Peace: 2:00 p.m. - 5:00 p.m.

The sacrum and the pelvis are designed to be sources of power. Asana often cultivates only the masculine aspect of this power. Learn how the asana practice of Purna Yoga™ balances power with humility, the masculine with the feminine. Aadil will share how this cultivates the inner peace that allows your mind to be calm and your nervous system to be relaxed. *All levels*

You will learn:

How to balance the masculine and feminine in standing poses, Adho Mukha Shvanasana and backbends.

Sunday, December 10

Strength, Poise & Balance in Inversions: 9:30 a.m. - 12:30 p.m.

Asana gives us an opportunity to reverse the aging process as well as to mix the flows of the prana and apana to create internal strength and longevity. However, asana must be done with a focused alignment and an understanding of the correct muscles so that there is no long-term injury. It takes years of correct practice to cultivate the right muscles to develop strength, poise and balance. Aadil will give you tools to undo damage caused by poor alignment and teach you techniques for a safe and strong practice. *Intermediate Level*

Principles of Twists – The Ultimate Twist

Sequence: 2:00 p.m. - 5:00 p.m. Twists churn, cleanse and remove tension from your spine and abdominal organs. Learn how to do twists with alignment and subtle inner energetic work to protect your spine, release your spinal muscles, and discover the positive physiological and psychological effects of releasing stress. *All levels*

You will learn:

- The ultimate sequence – moving from simple twists to deep twists.
- How to do twists safely so that the weakest part of your spine does not take the load.
- How twists actually provide freedom in the nervous system and prepare you for life changes.

Monday, December 11

For the Love of Yoga –

A Complete Purna Yoga™ Practice: 9:30 a.m. - 12:30 p.m.

A complete Purna Yoga™ practice is designed to create strength, release tension, and cultivate new neural pathways in the brain which make it more alert and alive. It will deepen your breath, oxygenate your body, and end with a powerful relaxation taking you back into your heart, back home. Don't miss this one. *All levels*

Relieving Stress Through Purna Yoga™: 2:00 p.m. - 5:00 p.m.

The major cause for all illness is stress. Stress also depletes B vitamins, electrolytes, and simply doesn't feel good. Muscles become tighter, blood flow diminishes, and the body becomes weaker and stiffer. Purna Yoga™ is a powerful solution for relieving stress. Come learn asana, pranayama, yogic philosophy, and nutritional secrets that will make you feel more relaxed, alert, and alive. Don't miss this one! What to bring: A mat, two straps, one block, one wooden dowel three-quarter inches thick and two to three feet long. *Therapeutic / Mixed Levels*