

## YogaJaya Presents:

### Danny Paradise

2005 Tokyo Ashtanga Yoga Workshop and Lectures.

January 20 -23, 2005

**Danny Paradise** has spent 20 years traveling "a luminous path" around the globe. He is a world renowned and esteemed teacher of Ashtanga Yoga, with an international following of students that include **Sting, Madonna, Paul Simon, Eddie Vedder, Mickey Hart and Bob Weir**. He teaches public classes worldwide and has done so since 1981. **Danny** is also a professional musician. His latest recording, "**River Of The Soul**" features **Chris Botti, Edie Brickell, Dominic Miller, Paul Simon, Sting, and The Nepalese ensembles; Prastar, and Karma**.

Please visit [www.dannyparadise.com](http://www.dannyparadise.com)

**Danny Paradise** will be assisted by **Reema Data, Patrick Oancia** and **Noriyuki Tomiyama**.

### Schedule and Fees (5% tax will be charged):

Thurs. Jan 20. 19:00 to 21:30 - **Discussion topic:** History and Shamanic Origins of Yoga.

- **Yoga practice:** expanded ashtanga standing sequence and finishing sequence. Danny will show variations throughout the practice to show people how to work in derivative postures and keep the practice evolving in a fun and safe way.

(6000 yen)

Fri. Jan 21. 19:00 to 21:30

- **Discussion topic:** Relationship to Indigenous Cultures; Shamanic Traditions Worldwide/ Developing a Safe, Meditative, Sacred, Expanding, Healing Self-Practice.

- **Yoga practice:** expanded ashtanga standing sequence and finishing sequence. Danny will show variations throughout the practice to show people how to work in derivative postures and keep the practice evolving in a fun and safe way.

(6000 yen)

Sat. Jan 22. 11:00 to 14:00

- **Discussion topic:** Healing processes of Yoga; Shamanic and Tibetan traditions/ Yoga as a preparation for Life: Strengthening and Healing as we age, Fulfilling Individual Destiny, Mastering your dream.

- **Yoga practice:** a full practice of the first series including the standing variations from Thursday and Friday night.

(6500yen)

Sat. Jan 22. 15:30 to 17:00

- **Discussion topic:** Indigenous and Nature Soul/ Spiritual Intelligence and Spiritual Evolution.

- **Pranayama** (breathing practice).

(4000yen)

Sun. Jan 23. 11:00 to 14:00

- **Discussion topic:** Yoga as a means of ageing with increasing vitality, well being and strength, and Preparation for the Transition of Death/ Mechanisms of Death and its Transition.

- **Yoga practice:** a full practice of the first series including and introduction to the second series.

(6500yen)

Sun Jan 23. 15:30 to 17:00

- **Discussion topic:** Pineal Gland in Yoga: The Spirit Molecule/ Yoga and its Implications; Responsibilities in Contemporary Times.

- **Pranayama** (breathing practice).

(4000yen)

**Question and Answer sessions will be included in all lectures**

**The whole workshop can be attended for the package fee of 28,000yen.**

**YogaJaya Members will receive 5% discount.**

**The practical yoga workshop will include:**

- all aspects of the detailed dynamics and alignment of the Ashtanga yoga primary series, with an introduction to second series.
- variations throughout the practice to show people how to work in derivative postures and keep the practice evolving in a fun and safe way.
- Pranayama and Meditation

**Discussions will include:**

- History and Origins of Yoga
- Relationship to Shamanism and Indigenous cultures worldwide
- Nature Soul/ Indigenous Soul
- Nature of Disease
- Healing processes of Yoga, Shamanism and Tibetan traditions
- Developing a safe, healing, meditative, sacred, expanding, self practice
- Empowerment through Yoga
- Spiritual Evolution/Spiritual Intelligence
- Yoga in Contemporary Times

For more detailed information about the workshop and advanced booking visit **[www.yogajaya.com](http://www.yogajaya.com)**.

Call, fax or email:

**YogaJaya**

**P h :**

**+ 8 1 - 3 - 5 7 6 6 - 3 4 1 4**

**Fax: +81-3-5766-3419**

**[workshops@yogajaya.com](mailto:workshops@yogajaya.com)**

Workshop to be held at the 140sqm "School" studio at **Idee's, Ikejiri Institute of Design**. Ikejiri Ohashi Station. 2-4-5 Ikejiri Setagaya-ku. **<http://www.r-school.net>**

**Ashtanga Yoga** is dynamic. It combines deep rhythmic breathing, flowing movement, and classical hatha yoga postures. The practice creates internal heat, which purifies the body leaving one feeling light and energetic.

**All yoga** provides a profound understanding of the mechanics of ones own body. Regular yoga practice releases tension throughout the body, improves posture, tones muscles, creates strength, balance and flexibility. Yoga also provides one with a very tangible way of understanding how to maintain psychological balance and harmony.

**Upcoming YogaJaya workshops:**

**Nancy Gilgoff: March 10-20, 2005**

**Louisa Sear: April 23-May 1, 2005**

**Emil Wendel: June 5-12, 2005**

Japanese Interpreting for the entire workshop by **Takeshi Amano\_**