

SESSION 1

Schedule

Description of Sessions

FRIDAY

15 Dec' 06
18.00 - 20.00

What is yoga and how can it awaken us to more and more joy and radiance? The art of vibrant living yoga: introduction, asana and meditation.

SESSION 2

SATURDAY

16 Dec' 06
10.00 - 12.30

The Heart of Vinyasa : we flow to the edge, exploring our potential beyond the limits of body, mind and the past.

SESSION 3

SATURDAY

16 Dec' 06
16.00 - 18.30

Opening the front, bending the back. Through pada banda (foot lock) and rooting, connection to the earth provides a launch pad from which we lift into the heart and the unknown.

SESSION 4

SUNDAY

17 Dec' 06
08.00 - 10.30

Hip openers and arm balances. By rooting the feet and delving into the arena of relationships (hips), we find the levity to fly.

SESSION 5

SUNDAY

17 Dec' 06
14.00 - 16.30

Tying it all together. In today's fast paced world, the modern yogi's task is find stillness in chaos. We integrate the heart of yoga's benefits through forward bending, mudra and meditation.

In three days and five master classes, we dive deeply into the heart of yoga. Each class will be different and includes challenging asana (posture), vinyasa (breath and movement), spiritual insight, pranayama (breath exercise), meditation, music, and humor.

Vibrant Living Yoga

With Daniel Aaron

15 - 17 December 2006
Jl. Embong Kemiri no 2
Surabaya



1 Sessions (2 hours) : Rp. 300.000,-
3 Sessions (7 hours) : Rp. 750.000,-
5 Sessions (12 hours) : Rp. 1.100.000,-
Special price Rp. 1.000.000,- (5 sessions package) only for Early bird before 22 Nov 2006.



Daniel Aaron, founder of www.RadiantlyAlive.com, directs the Vibrant Living Yoga School and Teacher Training in Bali. He is passionate about yoga, for sharing it and using as a potent tool to evoke our highest potential for health and happiness. He guides students to accept them self fully and challenge their limitations. Mixing a diverse yogic education with dozens of modern masters (JivaMukti, Astanga, Iyengar, etc), his own experience of 'the teachings,' creativity and spontaneity, Daniel creates classes that are eclectic, fun and inspiring. For information about him, the teacher training, workshops and retreats in Bali and around the world, please see www.DanielAaron.com.

reservations & information :

Prima Donna
R H Y T H M G Y M N A S T I C

Jl. Embong Kemiri no. 2, SURABAYA, Tel +62 31 532 7094, +62 31 534 6074