

# Essence of Yoga

essence: indispensable properties, or intrinsic nature, that which defines a thing, without which it would not be itself.

With Karl Erb ~ yogaNexus.com

## Advanced Training and Apprenticeship for Teachers and Seasoned Students

42 hours, 7 weekends

September 7<sup>th</sup> thru November 4<sup>th</sup> 2007

Jewish Community Center, San Francisco

\$520 members, \$610 non-members

Partial program enrollment available. Ask for details.

**TO REGISTER:** Contact Amy or Kristen

Amy (415) 292-1200 extension 1148

Kristen (415) 710-4123 or kristen.chew@mac.com

A Deep study in Asana, Pranayama, Philosophy (Jnana), Devotion (Bhakti), Song (Kirtan) and the Art of Teaching.

Limited Enrollment.

Secure your spot with a \$100 deposit. Balance due on the first day of course.

----

### Package 1: Advanced Asana Practice

Practice foundational actions in the Legs and Pelvis. Learn to unlock the thoracic spine and the Heart Center. Discover the importance of Mula Bandha (root lock) in Standing Poses and Backbends. Understand and develop an approach that will deepen your practice for years to come.

- 9/8 (Sat) Essential Actions in the Legs and Pelvis
- 9/9 (Sun) Essential Actions in the Upper Body
- 9/15 (Sat) A Comprehensive Practice: Integrating the Essential Actions
- 9/16 (Sat) Mula Bandha in Standing Poses and Backbends
- 9/23 (Sun) Arm Balances and Inversions

### Package 2: Pranayama, Kirtan and Philosophy

Exploration of breath and energy, or *prana*. Learn preparation and fundamentals of the practice, contraindications, integration of Mula Bandha and Jalandhara Bandha in pranayama. Jnana, Bhakti and Kirtan: Study the tools for Self-Awareness through the Bhagavad-Gita and the Yoga Sutras. Develop an understanding of The Organic layer, The Subtle Body, The Vayus (winds) and The Gunas (qualities) in theory and practice. Join together in song to understand and reveal our most essential nature.

- 9/29 (Sat) Pranayama
- 10/5 (Fri) Philosophy & Devotion: The Bhagavad-Gita and the Value of Values
- 11/2 (Fri) Kirtan and The Bhagavad-Gita

### Package 3: The Art of Teaching

Cultivate your teaching skills through the Essential Principles of Touch, Adjustment, Observation and Demonstration. Find your Voice through tone, word and meaning in delivery.

- 9/30 (Sun) Seeing and Understanding the Body: Theory and Techniques of Observation
- 10/6 (Sat) Essential Principles of Observation and Demonstration
- 10/7 (Sun) Essential Principles of Touch and Adjustment
- 10/14 (Sun) Finding Your Voice: Theory and Techniques of Verbal Instruction and Communication
- 11/3 (Sat) Sequencing 1: Sequencing Classes
- 11/4 (Sun) Sequencing 2: Sequencing Your Personal Practice

### Apprenticeship

Learn how to see and understand the body through observing and assisting Karl's public classes. Get hands on guidance from Karl in a class setting. Learn the Arts of Observation, Learning, Demonstration, Verbal Instruction, Touch, Adjustment and Sequencing in practice. Q&A sessions and group debriefings are included.

**Essence of Yoga 07, Advanced Training.** Dates and Rates.

With Karl Erb – yogaNexus.com

Jewish Community Center Yoga Program, Fall 2007.

TO REGISTER: Contact Amy or Kristen

Amy (415) 292-1200 extension 1148

Kristen (415) 710-4123 or kristen.chew@mac.com

WK	DAY	DATE	Discount Package Number	DESCRIPTION	MEMBER PRICE		PUBLIC PRICE		Hrs
					Single Class	Complete Program	Single Class	Complete Program	
1	Fri	9/7		Kirtan / Orientation	FREE		FREE		2
	Sat	9/8	1	Essential Actions in the Legs and Pelvis	\$45	\$520 (Save \$100)	\$55	\$610 (Save \$100)	3
	Sun	9/9	1	Essential Actions in the Upper Body	\$45		\$55		3
2	Sat	9/15	1	A Comprehensive Practice: Integrating the Essential Actions	\$45		\$55		3
	Sun	9/16	1	Mula Bandha in Standing Poses and Backbends	\$45	\$55	3		
3	Sun	9/23	1	Arm Balances and Inversions	\$45		\$55		3
4	Sat	9/29	2	Pranayama	\$45		\$55		3
	Sun	9/30	3	AT 1: Seeing and Understanding the Body: Theory and Techniques of Observation	\$55		\$60		3
5	Fri	10/5	2	Philosophy & Devotion: The Bhagavad-Gita and the Value of Values	\$10-15		\$10-15		2
	Sat	10/6	3	AT 2: Essential Principles of Observation and Demonstration	\$55		\$60		3
	Sun	10/7	3	AT 3: Essential Principles of Touch and Adjustment	\$55		\$60		3
6	Sun	10/14	3	AT 4: Finding Your Voice: Theory and Techniques of Verbal Instruction and Communication	\$55		\$60		3
7	Fri	11/2	2	Kirtan and The Bhagavad-Gita	\$10-15		\$10-15		2
	Sat	11/3	3	AT 5: Sequencing 1: Sequencing Classes	\$55		\$60		3
	Sun	11/4	3	Sequencing 2: Sequencing Your Personal Practice	\$55		\$60		3
<b>Total</b>					<b>\$620</b>	<b>\$520</b>	<b>\$710</b>	<b>\$610</b>	<b>42</b>

	MEMBER PRICE	PUBLIC PRICE	Hrs
<b>Discount Package 1: Advanced Asana Practice</b>	\$200 (Save \$25)	\$250 (Save \$25)	15
<b>Discount Package 2: Pranayama, Kirtan and Philosophy</b>	\$55 (Save \$10)	\$65 (Save \$10)	9
<b>Discount Package 3: Art of Teaching</b> AT=Art of Teaching. See course descriptions.	\$290 (Save \$40)	\$320 (Save \$40)	18
<b>Total</b>	<b>\$545 (Save \$75)</b>	<b>\$635 (Save \$75)</b>	<b>42</b>

**Class Times:**

Fri 7:00pm – 9:00pm

Sat 1:30pm – 4:30pm

Sun 1:30pm – 4:30pm