

Workshop for EveryOne Wishing to Advance their Yoga Practice

**From beginners to advanced Yogis:
make your practice efficient powerful and safe**

1. The Principles of Yoga according to Krishnamacharya, the Teacher of our teachers.

The power and efficiency of Yoga as taught by Krishnamacharya. While respecting the popular styles and each person's background Mark will show how the ancient yoga technology brought forth by Krishnamacharya can serve the practice you already know and love. (Practice and discussion)

2. Advancing your Yoga

The Four Principles of Successful Yoga 'and Life'. Yoga must be adapted to individual needs.

"Adapt Yoga to the individual, not the individual to the yoga. There is a perfect yoga for every person. If you can breath you can do yoga" -- *Krishnamacharya*.

How to precisely adapt yoga to individual needs and health issues, yours and your students. (Practice and discussion)

3. Advanced Practice

Breath, asana and bandha (in that order) integrate as a seamless process. Apply asana and bandha efficiently to produce a powerful practice that is right for you. Introducing breath and bandha as the central feature of your asana.

"Yoga is the means for ordinary folk to absorb the nurturing and healing force of Life." Asana is hatha yoga "ha tha," "Strength receiving" which has profound implication to our Life, health and experience. How do we make sure our asana is actually hatha yoga? (Practice and discussion)

4. Asana, Pranayama, Meditation and Life, a Seamless Process

Advanced asana and pranayama class open to every one. (Mark will always adapt advanced practices to individual needs.) Asana supports pranayama, pranayama supporting meditation, meditation supports Life. Mark will clarify the principles of pranayama and bandha in your practice.

5. Yoga from the heart - for the Heart (Advanced Personal Practice)

Getting it right for your self and others. Awaken yoga practice to the peace and power of your natural state. Weaving the tools of yoga into personal and powerful systems. The beauty of non-obsessive, yet actual daily practice. We will define daily practice and discuss the purpose of yantra and mantra in asana and pranayama.

BIO:Mark Whitwell

Mark Whitwell has enjoyed a life long relationship with the teachings of Professor T. Krishnamacharya "the teacher of the

teachers," notably BKS Iyengar, K Pattabhi Jois, Srivatsa Ramaswami, Indra Devi and TKV Desikachar. Having studied since 1973 in the home of Krishnamacharya with his son Desikachar, Mark is committed to communicating the timeless yoga principals with compassion and clarity.

Yoga is the means by which ordinary people may absorb the nurturing and healing force of Life. This is yoga from the heart for the heart. It is made clear in TKV Desikachar's book *The Heart of Yoga. Developing a Personal Practice* to which Mark contributed and edited. He also contributed to Desikachar's *Health Healing and Beyond*.

Mark's book, *Yoga of Heart: The Healing Power of Intimate Connection* is published by Lantern Books.

Mark lives in the USA and New Zealand. He travels throughout Europe, America, Asia and the South Pacific. In 1996 Mark established The Heart of Yoga Association a non-profit foundation that provides yoga education around the world. Having studied with many known and unknown yoga masters, Mark is most interested in revealing actual yoga and how each person effectively practices.