



हठयोग प्रदीपिका

Haṭha Yoga Pradīpikā

Kofi Busia

Friday, Saturday, Sunday

April 30 - May 2, 2010

Four Sessions

Friday

6.00p - 9.00p

Saturday

10.00a – 1.00p + 2:30 - 5:30

Sunday

10.00a – 1.00p

Investment:

\$50/session, \$185 all four

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www.cityyoga.biz

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This weekend workshop offers us a unique opportunity to study with, and be taught by, senior teacher Kofi Busia. At the heart of our studies for the weekend will be the great fourteenth-century yoga text, "the Hatha Yoga Pradipika". Once maintained as a book of secret practices, it is today considered one of the most important, learned and instructive manuals in the yoga tradition. It gives guidance not only on the asanas and pranayama, but also on mudras, bandhas, and the yoga of sound and vibration. We will begin with by chanting one or more verses, accompanied by an in-depth study of key passages of the Pradipika. This will also give us a chance to investigate every aspect of our yoga practice. The session will then continue with the practice of asana or posture. Kofi will guide us not just on the essentials of the asanas themselves, but on how to raise our consciousness regarding their more subtle aspects in body, breath, and much else besides. This will be a unique opportunity to meld mind and body and expand the intellectual, physical and psychical aspects of our yoga practice.

Kofi Busia is an internationally respected senior Iyengar teacher. He has taught yoga for over thirty-five years. He currently lives with his wife and children in Santa Cruz, CA, where he teaches weekly yoga classes, intensives and teacher trainings. He is author of "Iyengar: The Yoga Master", and is currently finishing "Unravelling the Cosmos", a translation and commentary on the Yoga Sutras of Patanjali, as well as a translation and commentary of the Hatha Yoga Pradipika. For more information on Kofi's classes, workshops and quite a bit more, please go to www.kofibusia.com.

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