

# ADVANCED Yoga for everyONE



with  
**MARK WHITWELL**

**SATURDAY & SUNDAY • APRIL 11 & 12, 2009**  
**12:30 - 3:30 pm • \$50 each / \$80 both sessions**

Your Yoga is direct intimacy with nurturing source.

The principles of personal practice is to make Yoga entirely your own, efficient, powerful and safe. 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.

Asana is hatha yoga and Hatha yoga is tantra, the non-dual practice. What does this statement mean?

“Ha tha” equals “Strength receiving” which has profound implication to our Life, health and sex.

How do we make sure our asana is actually hatha yoga?

**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, A G Mohan 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 every person’s direct intimacy with reality, which is an entirely abundant, regenerating and nurturing power. 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. Mark’s book, *Yoga of Heart: The Healing Power of Intimate Connection* is published by Lantern Books. Soon to be released, his new book is *The Promise: The Practical Secrets of Sex and Intimacy*. Mark lives in Los Angeles and Fiji. He travels throughout the world teaching the timeless principles of ancient Yoga wisdom. 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.

Tel: 805.965.6045

32 East Micheltorena St.

[www.SantaBarbaraYogaCenter.com](http://www.SantaBarbaraYogaCenter.com)



Payments for workshops are non-refundable, but may be converted into credit (minus \$15 processing fee) if cancellation is made with a minimum of 48-hour notice.