

BHAVANI MAKI
KRIYA YOGA WORKSHOP
AUTHOR OF *THE YOGI'S ROADMAP*

APRIL 27-29, 2018



International Yoga teacher, author, and musician, Bhavani Maki was raised quadrilingual, in a multicultural European family, and has traveled extensively from a young age. Bhāvani attended her first Yoga class at the age of nine and began her exploration of Patañjali's Astānga Yoga in 1987. She began teaching and founded Astānga Yoga Kaua'i in 1995, Yoga Hanalei in 1999, and has trained over 300 Yoga teachers since 2003. Bhāvani has made seven trips to Mysore, South India, to study with Srī K. Pattabhi Jois, as well as having the rare opportunity of hosting him twice on her home island of Kaua'i. She received her teacher training and authorization from Astānga Yoga Masters Baba Hari Dass of Hardwar, North India, and Srī K. Pattabhi Jois. Bhāvani studied Samskrta in Mysore, India with Professor Narayanāchārya, and regards Rama Jyoti Vernon as integral in her understanding of the Patañjali Yoga Sūtra.

Since 1993, Bhāvani has resided on the island of Kaua'i, where she continues to live with her husband Ray and son Niko, on their organic farm and nursery, Permaculture Kaua'i. She offers Yoga classes, intensives, and annual teacher training programs at her studio, Yoga Hanalei, as well as annual workshops on the US mainland and Europe. Find her at bhavanimaki.com

SUTRA CLASS 1
FRI | 04.27
5:30-7:30 PM

ASANA CLASS 1
SAT | 04.28
9:30 AM-12 PM

SUTRA CLASS 2
SAT | 04.28
2-4 PM

ASANA CLASS 2
SUN | 04.29
9:30 AM-12 PM

SUTRA CLASS 3
SUN | 04.29
2 PM-4 PM

INDIVIDUAL
SESSIONS:
\$50
FULL WEEKEND:
\$225

BOULEVARD YOGA HEALING ARTS

KRIYA YOGA WORKSHOP WITH BHAVANI MAKI
APRIL 27-29, 2018

**FRIDAY
NIGHT**
04/27
5:30-7:30 PM

Sutra Class 1

Patanjali uses the term Kriya Yoga as the active purification of the physical, mental and emotional bodies. The first aspect he mentions is Tapas, the value of challenging our self to keep us vital and dynamic. We will explore Tapas in reference to the Sutra on the practice of asana and pranayama.

**SATURDAY
MORNING**
04/28
9:30 AM-12 PM

Asana Class 1

The Yoga asana can be applied systematically as an act of purification known as Kriya. This subtle yet profound shift in approach penetrates the physical and subtle bodies in a way that moves energy to uplift and invigorate all of our systems. Standing, balancing and twisting asana will provide the context to explore freedom within the content of our being.

**SATURDAY
AFTERNOON**
04/28
2-4 PM

Sutra Class 2

The second aspect of Kriya Yoga is Svadhyaya, self-analysis in which we monitor our personal progress, and self-correct. An inquiry into the nature of Self and how the Sutra encourage the art of unfolding into one's most authentic and skillful expression of Self.

**SUNDAY
MORNING**
04/29
9:30 AM-12 PM

Asana Class 2

The ancient masters describe strength as the development of Sushumna Nadi, or the central nervous system and Bandha as a point of stability to explore concentrated awareness. This class will work directly with the nervous system as the link between the Earth's magnetic field and accessing cellular lightness in our personal sphere.

**SUNDAY
AFTERNOON**
04/29
2-4 PM

Sutra Class 3

The 3rd aspect of Kriya Yoga is Ishwarapranidhana, recognition that there is a greater perspective that holds all of creation in balance. An inquiry into the nature of the spirit and the soul, and how to leverage one's Karma into Dharma - our unique offering of self to the Self.