

YOGA WORKSHOP 2019

With International Teacher Jules Febre



WHEN March 21-23, 2019

WHERE Al Waab Yoga Studio

WHAT 12hr workshop, 3 days

ABOUT THE WORKSHOP

The Jivamukti Yoga method, a form of Hatha Yoga, incorporates 5 tenets: Ahimsa/nonharming, Bhakti/devotion, Shastra/study of yogic texts, Nada/yoga of deep listening, and Dhyana/meditation.

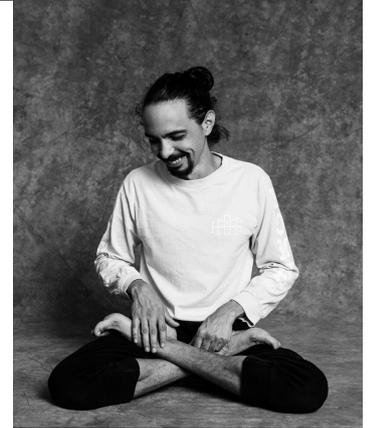
A typical Jivamukti class incorporates an ever-changing flow of Asanas/postures (vinyasa) that is intended to challenge a student on many levels. Each class revolves around a theme based on ancient wisdom and emphasizes the importance of practicing with an elevated intention. Chanting, meditation, and inspiring music are part of every class.

ABOUT JULES

Jules Febre was born and raised in New York City. At the age of 13, Jules spent three months in India; two of which were spent in Mysore studying Ashtanga Yoga with Sri. K. Pattabhi Jois. During that time he was invited to share satsang with Swami Nirmalananda and Shyam Das, two radical yogis that have each contributed greatly to the progression of yoga in the West. At the age of 16, Jules began working at the Jivamukti Yoga School helping to clean, and is now considered one of the leading teachers of the Jivamukti Yoga method, teaching the method world wide as well as facilitating at the very highly regarded teacher training programs.

Jules travels and teaches during most of the year, including Europe, Australia, Asia, amongst others. His classes offer a wide range and depth of understanding of Yoga Asana as well as Meditation, Chanting, and Yoga Philosophy.

Teaching yoga is Jules' passion. He is grateful to his teachers, Sharonji (Gannon), Davidji (Life) who he has had the privilege of studying with for over 15 years, for igniting his devotion to the Jivamukti Yoga practice and for inspiring countless students around the world.



REGISTER

COST - QR1250

Early Bird* - QR1100

Individual Session - QR300

*to be paid 2 weeks prior to start date

SCHEDULE - SCHEDULE - SCHEDULE

THURSDAY MARCH 21, 18:00-20:30

Master Class

FRIDAY MARCH 22, 7:30 - 9:30

Focus Class: Warriors & Sages

11:30-14:00

Adjustments

SATURDAY OCT 20, 10:30 - 13:00

An Integrated Approach

12:00-14:30

The yoga of sound combined with a restorative class