

# “A Grand Tour”

## Advanced Yoga: Praanaayaama, Dhaaranaa and Tantra practices

with Tom Gillette

Saturday Dec 5, 2009, 2:45 - 7:45 pm

“When are you going to stop fooling around with all these postures and begin the real practice of Yoga?”

Swami Gitaananda to  
Tom Gillette (2003)

Is aasana all there is to yoga? What is the “real practice of yoga” that Swami Gitaananda referred to?

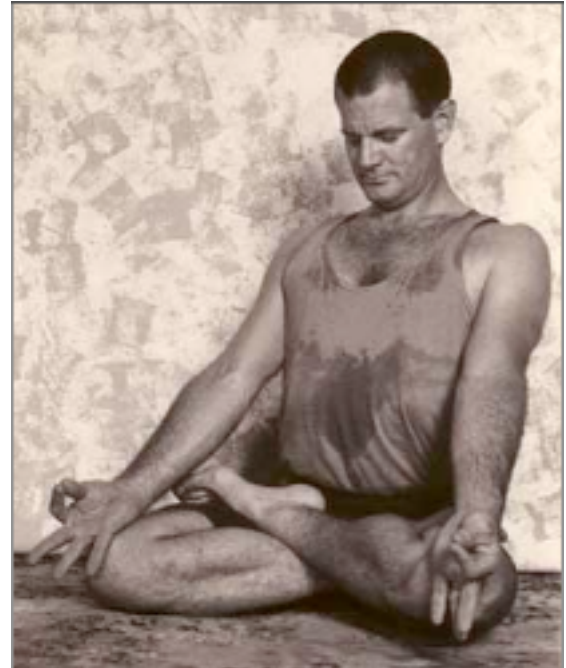
Aasana serves a useful function in setting up the appropriate conditions for the experience of “unitive consciousness” (yoga) to arise. The yoga masters absolutely claim that aasana is only the beginning of the experience that is labeled yoga. In this workshop, the intention is to go into the vast, fascinating and life changing territory after aasana. There is life after aasana.

This workshop is for yoga teachers and students who regularly practice at Eyes of the World and who regularly practice Kapaalabhaati, Kumbhaka and the three bandha. It begins with a Sat 3pm aasana class to get loose, get limber and get attuned to what is. Aasana practice will lay the foundation for the “Grand Tour” to begin.

In a typical Eyes of the World yoga class, we practice “Praanaayaama Lite.” This entails 5 - 10 minutes of Kapaalabhaati, Kumbhaka and Bhastrika. Gurus usually caution new students away from a longer practice, because a student’s nervous system is not ready for more powerful praanaayaama work. In this stage, you need to be guided through the next stages by someone who knows the territory and Tom can do that for you. Advanced praanaayaama will open your eyes to a whole new dimension of yoga, one not readily taught in the US.

Praanaayaama sets the stage for a variety of concentration practices, mantra and a few white tantric practices that will probably surprise you. Your energy body will glow with an ineffable happiness. You will leave with a profound sense of joy and a new appreciation of the depth and the breadth of the yoga tradition.

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prerequisites:

- 1) You must be a regular student at Eyes of the World with a regular praanaayaama practice as taught at Eyes of the World.
- 2) See Tom if you have questions. Register in person with Tom at the Studio. Tom has to give you the okay and accept you into the workshop. This program will be offered again, so if you are new to yoga, you may be asked to take it at a future time.
- 3) You will be first taking the 3pm class, then the Grand Tour begins after that.

Early registration by Nov 28:  
**\$29 plus one stamp on your class card.**

Regular registration Nov 29  
and after \$35 plus one stamp on  
your class card.

If you do not have a class card,  
add \$16 drop in.