



TEACHER TRAINING

# SHIVA REA & JAMES BAILEY

## *Awakening the Pranic Body: Marma Nadi Chakra within Vinyasa*

Date: **Thu-Sun, Nov 15-18**

Location: **Moksha Riverwest**  
700 N Carpenter

Price: **\$600** (\$640 after Oct. 15)

*\$100 non-refundable deposit required to register.  
Tuition includes cost of a \$50 training manual*

Shiva Rea, M.A., is a leading teacher of Prana Vinyasa Flow™ yoga and Yoga Trance Dance™ worldwide. She began exploring yoga at the age of fourteen as a way to understand her name, given to her by her father, a surfer and artist. Her studies in the Krishnamacharya lineage, tantra, ayurveda, bhakti, kalaripayattu, world dance, yogic art and somatic movement infuse her approach to living yoga and embodying the flow. She is known for bringing the roots of yoga alive for modern practitioners in creative, dynamic and life-transforming ways and for offering the synthesis form of vinyasa flow out in the world.

James Bailey, LAC, MATCM, Dipl Ayu, is a third generation physician and health educator who has been living yoga and ayurveda for 20 years with his wife Shiva Rea. He practices Ayurveda, Oriental Medicine, and Tantra Yoga, aiding patients via the clinical Ayurvedic techniques of Pancha Karma detoxification, ayurvedic nutrition, ayurvedic medical herbology, marma therapies, acupuncture, pranayama, and meditation.

REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, ST, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

**\$100 DEPOSIT REQUIRED TO REGISTER**

PMT AMT  CASH  CHECK  VISA/MC  AMEX  DISC  PAYPAL

CARD NO. \_\_\_\_\_ EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

OFFICE USE ONLY

OMBASE ENTRY BY \_\_\_\_\_ DATE \_\_\_\_\_

REG LETTER MAILED BY \_\_\_\_\_ DATE \_\_\_\_\_

EMAIL CONFIRMATION \_\_\_\_\_ DATE \_\_\_\_\_

Schedule (Total 35 hours): • Every day, 8 am-12 noon & 1-5 pm  
• Fri 11/16, 6-9 pm

Explore the energetic systems of tantric hatha yoga that underlie the embodied transformation of yoga: marma (the 108 energy points), the fourteen primary nadis (energy channels), the five elements and movements of prana and the seven primary chakras for self-actualization, balance and integration within practice, teaching and life.

- learn essential marma points for self-massage and activation during asana practice
- understand the functioning of the nadi system with a focus on the fourteen primary nadis in practice and life
- learn four new elemental based sun salutations and five chakra flow sequences to apply in class integrating the principles above
- daily chakra-based meditation and nadi shodhana pranayama for integration into home practice

Yoga is the path of awakening to the experience of the energy and consciousness of which we are made. In our yoga practice we often sense the subtle current in our spine or experience awakening of energy in the body that is more than the release of tight muscles. These subtle body vibrations have been carefully mapped out over the ages and transmitted through yogic and ayurvedic lineages as marma (the 108 vital energy points), nadi (energy channels) and the seven primary chakras of self-actualization. All three systems play a vital role in the balance and integration of our practice, teaching and life. Join us for an embodied exploration of these energetic systems of tantric hatha yoga, the yogic road maps of our energetic being that underlie the transformation we experience in asana, pranayama and meditation.

Morning practices will give experiential grounding to the afternoon sessions, focusing on:

1. Comprehend their source in both classical texts (Hatha Yoga Pradipika, Marma Shastra) and contemporary scientific studies of the philosophical and physiological basis of the pranic body
2. Learn essential marma points for self-massage and activation during asana practice
3. Understand the functioning of the nadi system with a focus on the fourteen primary nadis in practice and life
4. Sequencing tools and sample classes to bring a basic chakra based exploration into the flow of a class/practice
5. Daily chakra based meditation and nadi shodhana pranayama for integration into home practice

For teachers and dedicated practitioners. Intensive includes a reader/manual and background reading that will be emailed to participants upon registration.



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