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**End of Year Bliss
Deep Relaxation through Yoga Nidra
A Workshop with Leza Lowitz**

Saturday December 30, 2:30-4:30pm



End the year by chilling out! Yoga Nidra is a state of mind between wakefulness and sleep that opens deep recesses of the body/mind, inducing total relaxation. In savasana, you'll be taken on a guided meditation, moving your awareness to different parts of the body to revitalize the subtle energy channels, relieving stress and fatigue from the physical body, heart and mind. This workshop will offer guided Yoga Nidra in the traditional form, moving awareness through eight stages—Internalisation, Sankalpa (intention), Rotation of Consciousness, Breath Awareness, Manifestation of Opposites, Creative Visualization, Sankalpa (Intention) and Externalisation. Come re-charge your batteries and rejuvenate yourself.

Level: Beginners-Intermediate (All Levels).

This workshop is led in English with some Japanese.

このワークショップは英語での指導ですが、少し日本語を交えて行います。

Cost: 3,500 yen

Limit: 20 people

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

**Meditation, Mindfulness and Mantra: December
Yoga Nidra with Leza Lowitz**

*We offer another Yoga Nidra workshop with Leza on December 30! For the details: [here](#).

Sunday December 17, 3:00-5:00pm

Fully Booked! Waiting list only.



Yoga Nidra is a state of mind between wakefulness and sleep that opens deep recesses of the body/mind, inducing total relaxation. In savasana, you'll be taken on a guided meditation, moving your awareness to different parts of the body to revitalize the subtle energy channels, relieving stress and fatigue from the physical body, heart and mind.

This workshop will offer guided Yoga Nidra, moving awareness through eight stages—Internalisation, Sankalpa (intention), Rotation of Consciousness, Breath Awareness, Manifestation of Opposites, Creative Visualization, Sankalpa (Intention) and Externalisation. Practiced in savasana, this popular yoga meditation technique induces a profoundly deep state of rest. It is effortless, enjoyable, soothing and recuperative.

Yoga Nidra carries your awareness deep into you, layer by layer. This process is called introversion, or pratyahara in Sanskrit. The pratyahara of Yoga Nidra induces deep relaxation. The practice takes your awareness into parts of yourself you normally cannot access due to tension or stress. You systematically relax each part of your physical body and then move your awareness to the more subtle layers, your emotions and deeper mind, and relax those parts, too.

Yoga Nidra has been shown to help curtail or cure sleep disorders, chronic pain, chemical dependency, anxiety, multiple sclerosis, low self-esteem, Post Traumatic Stress Disorder (PTSD), and reduce stress. It invites joy, calm, and bliss. Come re-charge your batteries and rejuvenate yourself with Yoga Nidra.

All Levels welcome. No yoga experience necessary.

Workshop in English with Japanese translation by Haruka Takahashi.

Cost: 3,500 yen

Limit: 20 people

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.



The Upside of Upside Down

Overcome Your Fears and Have Fun with Handstands with Mestre Sucuri

Sunday December 10, 5:00-7:00pm

Join Capoeira Mestre Sucuri at Sun and Moon Yoga for a fun and informative handstand workshop. This workshop will cover body mechanics and balance from your core, and detail how to use a partner or wall to build confidence and skill in your handstands. We will also learn how to incorporate Capoeira handstands and techniques into your own yoga practice. Come get upside down.

Cost: 3,500 yen

Limit: 14 people

About the Instructor

Mestre Sucuri (Arturo Urena Hamelitz) fell in love with Capoeira at the age of 17 and it was love at first sight. Since then he has dedicated his life and professional career to the development of capoeira and celebration of afro-Brazilian culture. In 1999 Mestre Sucuri moved to Tokyo, Japan to teach capoeira and grow as a professional performer and artist. Since his arrival he has performed hundreds of cultural shows around Asia and especially in Japan.



While based in Tokyo, every year Mestre Sucuri shares his vast knowledge of capoeira and other afro-Brazilian arts throughout Europe, the US, and Asia. Mestre Sucuri believes that as a Mestre (Master) of capoeira he must constantly improve and grow, such as when he in 2012, he graduated from Waseda University with an M.A. in International Relations focusing on the “Globalization of Afro-Brazilian Popular Culture in Japan”. Later in 2014 publishing “The Path of Capoeira: Teaching, Philosophy and Lessons Learnt”. Furthermore he is one of the first non-Brazilians to produce and record original capoeira music on Capoeira Zoador’s first and second CDs “Depoimento” and “Quando a Chuva Cai”.

Through passion and determination Mestre Sucuri founded Capoeira Zoador Academy in 2003 and has grown it to be the premiere international Capoeira school in Tokyo. His dedication and love for capoeira only grows with each new students that enters Capoeira Zoador Academy.

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSSES.

**TAO YOGA Presents
Healing Buddha Gathering WS**

**Sunday December 3, 4:00-6:00pm
Fully booked! Waiting list only.**



Join us on December 3, at Gotanda Sun & Moon and come enjoy an evening with the renowned High Tibetan Lama - Phakyab Rinpoche. We will experience a wonderful Dharma Talk from Rinpoche on Mind Training, Compassion and the Way of Healing. Rinpoche will share with us beautiful Healing Tibetan Mantra, and we can also enjoy learning the basics of Tibetan Yoga Practice from the Tsa Lung Tradition. We will have a warm, and healing time together to clear away the dust from the old year and welcome the coming New Year of 2018.

In this Healing Buddha Gathering, we will experience the wonderful blessings from the Tibetan Buddhist tradition and awaken to see the smile of the Healing Buddha within each other. Truly a rare chance to meet a highly accomplished master from the Tibetan Tradition.



What is a Rinpoche?

Rinpoche is an honorific term used in the Tibetan language. It literally means “precious jewel” as a way of showing respect when addressing those recognized as reincarnated teachers, or an accomplished teacher of the Dharma.

Phakyab Rinpoche – profile

Phakyab Rinpoche is a renowned buddhist scholar, practitioner, and healer. He was born in Kham, Tibet in 1966, ordained at the age of thirteen, and began his monastic training at Ashi Monastery.



After leaving Tibet, he entered Sera Mey Monastery in southern India, where he was tutored by Ven. Khenpo Lobsang Jamyang and Ven. Khensur Tinle Topgye. He has been awarded the highest degree of Geshe in his studies at Sera Mey.

In 1994, he was recognized by His Holiness the Dalai Lama as the eighth rebirth of the Phakyab Rinpoche, a beloved Lama from Kham. Rinpoche suffered a very serious life threatening illness in his life, untreatable through western medicine - with the encouragement of his Holiness the Dalai Lama - Rinpoche engaged in deep Yogic Meditation and awakened his Inner Wind Energy - completely healing, recovering his health and vitality. His teachings focus to share this Healing experience with others, bringing health, compassion and peace into our everyday lives.

Donation: 3,500 yen

WS will be given in English with Japanese translation by Izumi Umeno.

Participants will be seated on the floor. Some chairs are available at special prior request.

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz at Sun and Moon Yoga in November 2017



Fully Booked! Waiting list only.

Schedule

November 2017 Course

Thursday/National Holiday November 23 9:00am-9:00pm (11 hrs + 1hr lunch time)

Saturday November 25 5pm-9:30pm (4.5hrs)

Sunday November 26 3pm-7:30pm (4.5hrs) *Note the time change

Come join us for this popular, comprehensive and life-changing teacher training.

Why Restorative Yoga? Why Now?

Daily life is incredibly stressful, especially in an urban environment. We spend a great deal of energy just trying to survive, often running on adrenaline (the “fight or flight response”) until we burn out. Now more than ever,

we need a slower, deeper yoga practice that helps us regain our equilibrium and combat the stresses of modern life. Restorative yoga is one such practice that invites the body's "relaxation response," calms the nervous system, and quiets the mind. Restorative Yoga is a deeply relaxing, "passive" practice of Hatha Yoga in which we let go of physical, mental and emotional tension by practicing yoga poses in a fully supported environment, holding the poses for longer durations of time, and focusing on the breath. Supported by a variety of props such as bolsters, blankets, blocks, belts, sandbag weights, and other props, this practice helps us regain the equilibrium of the body/spirit, allowing deep relaxation, surrender and opening. This practice is perfect for those who have injuries, are recovering from illness, those with physical limitations, or those who simply want to relax and regain harmony and balance in their lives.

COURSE CONTENT

In this teacher training, you will learn: What is Restorative Yoga? How does it work physiologically, psycho-spiritually, and emotionally? Proper use of Props: How to set up each pose. How to spot and correct common mistakes in prop usage Restorative sequences for different effects Many original restorative postures developed by Leza Specific poses/practices for specific therapeutic needs (insomnia, chronic fatigue syndrome, etc). Pranayama for Restorative yoga How to design a Restorative yoga class around a specific theme or focus. How to incorporate other forms of yoga therapy into Restorative yoga, such as Thai Yoga Massage, Visualization, Guided Meditation, Yoga Nidra, etc.

This course will also discuss concepts such as "How Yoga Works" using the Inner and Outer methods of thought/intention and Five Layers of Experience (koshas). Meditations and Inner Work sessions will be incorporated into the teachings on Restorative asanas.

COURSE FORMAT Classes will be part lecture, part practice, part demonstration in which students will set each other up in the poses and practice with each other, and part question and answer period/discussion.

ABOUT THE INSTRUCTOR

Leza Lowitz has been teaching and practicing Hatha and Restorative yoga for over a decade. She was the first teacher to introduce Restorative yoga to Japan in 2003. (When Sun and Moon shipped all the props from America, customs officials held them for months because they had to test every pillow and eye bag for hidden drugs!) She has offered her highly popular Restorative yoga classes at workshops and on retreats internationally. She appeared on "99 Size" teaching Restorative yoga in 2004. She is a writer and certified yoga teacher who has studied many yogic and healing traditions with many illustrious teachers and masters from all over the world. She is the owner of Sun and Moon Yoga and author of the best-selling book *Yoga Poems: Lines to Unfold By* and *Sacred Sanskrit Words: For Yoga, Chant and Meditation* (with Reema Datta) in addition to 18 other books.

What to Bring:

The studio has everything you will need for this training. No need to bring bolsters, blankets, weights, yoga mats, eye pillows or anything else. Just bring a notebook and water. You will be given take-home handouts after the end of each session. No recording will be permitted.

Cost: 80,000yen

Japanese and/or English training manual provided upon completion. Certificate awarded upon successful completion of course. Payment instructions will be sent upon receipt of your request. Early application is strongly suggested.

Limit: 20 students. Course fills up quickly, so register soon to ensure a spot.

*For re-takers, 50% off. Please state briefly the reason why you wish to retake the course when you apply.

Japanese translation by Haruka Takahashi.

(The course is taught in English with the Japanese translation.)

This workshop is open to all, beginners and experienced meditators. We look forward to practicing with you!

About the instructor

Patrick Mitchell

Mindfulness/Stress Management Instructor, M.A. Contemplative Education

Patrick is a certified hatha yoga instructor (Sivananda, August 2000) with a growing interest in the depth and breadth of mindfulness meditation. He began practicing vipassana meditation in 2001 with a series of Goenka retreats and has since participated in many insight meditation retreats in India, Thailand, Canada, and Japan.

Patrick's mindfulness training includes Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training with Jon Kabat-Zinn and Saki Santorelli at Omega Institute, New York, 2005. In 2008, he spent two months in Worcester, Massachusetts for the eight-week Practicum in Mindfulness-Based Stress Reduction at the Stress Reduction Clinic (University of Massachusetts Medical Center). Please visit tokyostressreduction.org to learn about MBSR courses in Japan.

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

Meditation, Mindfulness and Mantra - October **Guru Puja Meditation for Modern Times with Leza Lowitz**

Sunday, October 15, 3:00-5:00pm
at Sun and Moon Yoga



In Sanskrit, *guru* literally means “one who takes away the darkness.” The teacher shows us the path towards awakening, which leads us into lightness of being and oneness.

The Sanskrit word *puja* comes from the root “*puj*,” which means to worship, and to “honor” and “respect.”

Guru Puja is the practice of honouring and appreciating our teachers, people in our lives who have brought out our light. We welcome them into our hearts with reverence and ceremony, as we would welcome a beloved guest into our home.

When we pay our respects to the teacher, or guru, we honor and welcome the Guru-Shakti –or all-pervasive energy of Light and Unity—in our own hearts and awaken the inner teacher.

Come join us in this powerful practice of humility and appreciation.

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

**Meditation, Mindfulness and Mantra - September
Taking and Giving: TONGLEN Practice
Meditation Workshop with Leza Lowitz**

Sunday September 24, 5:00-7:00pm

Fully Booked!



Life brings joy, but it also brings suffering. Suffering is painful, and we all want to run away from it. Still, suffering exists even when we try to avoid it.

What to do? Meditate. Tonglen practice is a powerful method of overcoming fear and being present with suffering—our own and that of others.

Through this meditation, we can train our minds to face suffering and transform it into compassion. When we dissolve the walls around our hearts, we awaken deeper love for this precious life and a stronger inclination towards living in peace and service.

Come join us for this powerful, ancient practice. A portion of the WS proceeds will be donated to charity.

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

Special Meditation Workshop

**Dwelling in the Compassionate Heart: Meditation Workshop with Leza Lowitz
Metta (Lovingkindness) Meditation**

Monday/Holiday July 17 1:30pm-3:00pm



The Dalai Lama said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Compassion is the highest form of yoga. We will practice Metta or “Lovingkindness” meditation to nurture and awaken the empathetic heart through the energy of mercy and the cultivation of openness. This powerful Tibetan Buddhist meditation practice helps us to develop our compassionate nature with equanimity, steadfastness and grace. Workshop includes guided meditation, partner practice and discussion.

Beginners to experienced meditators welcome.

About the instructor

[Leza Lowitz](#)

Cost: 3,000 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration closed.

You can drop-in this workshop. No registration is required. If you decide to come, please advise us through our [contact page](#) so that we can know how many people will join. Thank you!

**Meditation, Mindfulness and Mantra - July
One-Pointed Concentration and Wide-Open Awareness
Mindfulness Meditation Workshop with Patrick Mitchell**

Sunday July 9 5:00pm-7:00pm



Meditation is a natural and delicate balancing act. It requires two complementary qualities of mind: concentration and mindfulness.

Concentration is the power or force that locks our attention on a single item or task. It does the hard work of keeping the mind on one thing. Mindfulness is the awareness that notices when our attention has strayed. It gently and patiently guides us back to our chosen point of concentration. Mindfulness is warm-hearted, infinitely interested in the present moment, and totally without any expectation of perfection.

In this workshop we'll practice sitting and walking meditation to develop these valuable qualities of mind.

For concentration: Sitting meditation with awareness of breathing in a specific area; softly naming the rising and falling of the breath; and counting breaths. Walking meditation linking steps with breathing.

For mindfulness: The instruction to notice anything and everything that arises in the present moment, gently letting go of distractions, and smilingly coming back to the point of focus over and over again.

This workshop is open to all, beginners and experienced meditators. We look forward to practicing with you!

About the instructor



Patrick Mitchell

Mindfulness/Stress Management Instructor, M.A. Contemplative Education

Patrick is a certified hatha yoga instructor (Sivananda, August 2000) with a growing interest in the depth and breadth of mindfulness meditation. He began practicing vipassana meditation in 2001 with a series of Goenka retreats and has since participated in many insight meditation retreats in India, Thailand, Canada, and Japan.

Patrick's mindfulness training includes Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training with Jon Kabat-Zinn and Saki Santorelli at Omega Institute, New York, 2005. In 2008, he spent two months in Worcester, Massachusetts for the eight-week Practicum in Mindfulness-Based Stress Reduction at the Stress Reduction Clinic (University of Massachusetts Medical Center).

Please visit tokyostressreduction.org to learn about MBSR courses in Japan.

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the

subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

Sound Reflection - Healing Sound Night

A Tao Yoga Workshop with the healing sound of the GuQin and Tibetan singing bowls

Sunday July 2 5:00pm-7:00pm

At Sun and Moon Yoga



Sound ∞ Reflection

Enter a wave of healing sound. .

In this exciting workshop we will experience TaoYoga, the healing sound of the GuQin and Tibetan singing bowls.

Come Harmonise the heart and mind - spread the healing sound vibrations deep within your self with the amazing sound of the Taoist GuQin & the Tibetan Singing Bowls.

The GuQin will help to open the heart, and give a feeling of deep healing and inner harmony.

The GuQin is an ancient Taoist musical instrument. Taoists have been using the Qin as a vehicle for spiritual cultivation to become One with Nature for over 3,000 years.

The Qin is a symbol for the Universe and depicts the ancient Taoist concept of the entire Cosmos itself. The sounds of the Qin represent the resonance between the Heart and Nature and is often called Heart Music - the sounds of the Qin brings one to feel the rhythm of the Tao, Nature and Universal Energy.

Come experience the harmonic sounds of the Qin and the Tibetan bowls and enter into a deep state of meditation, healing and inner peace.

This event will be lead by Jesse Lee Parker, who brings over 25 years of experience in the Healing Arts, Body Work Therapy, and the Taoist Yoga Arts.

We will have a very special guest from China - Qin Tze - Qin Tze is a Taoist Teacher from the Wudang Mountains and has been a long term friend and classmate of Jesse's for over 15 years. Qin Tze is a profound master of the Gu Qin, Taoist Tai Chi, Qigong, and the Martial Arts. He is very famous in China, and is regularly featured on television to showcase his musical skills. A very special and rare chance to meet an authentic Taoist from China and experience the healing sounds of the Ancient GuQin.

We will begin this event with the activation of our body and energy using TaoYoga dynamic stretching and meditation, then gently guide the members into the ocean of healing sound with the Gu Qin and the Tibetan Singing Bowls.

We will flow and move our bodies with the magical sound of the GuQin - feeling one with Nature - ...!

Lets experience the beautiful Sound Reflection of the Gu Qin & TaoYoga...

SECTION 1

17:00

*students enter, and take seats

around the Tibetan Bowls & GuQin.

We will have group purification and prepare work.

Clearing of each member with Tibetan Bowl and also Group Energy Healing.

*Group will Engage in TaoYoga '9 Stage Purification Breath' for gathering healing energy, awakening the Third Eye, and opening up the inner energy flow with the energy from nature and universe.

*Engage in TaoYoga movements for activation of energy center, and open energy flow....

*Meditation to prepare for Healing Sound

SECTION 2

17:30:

*Sound Healing Concert with Gu Qin & Tibet Bowls.

*Students first follow movement with the GuQin sound then lie down on back, with Crown Center Face the GuQin and Tibet bowls - wash over with the Healing Sound Wave.

Student will gain deep balance of energy system, and deep healing from the sound.

SECTION 3

18:30

*We come out of the lying meditation state with opening TaoYoga movements to balance, and self body massage to refresh.

*Close event with group circle and prayer....

Cost: 3,500 yen

How to Apply: *Registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

Meditation, Mindfulness and Mantra - June

Dwelling in the Compassionate Heart: Meditation Workshop with Leza Lowitz

Metta (Lovingkindness) Meditation

Sunday June 11 4:30pm-6:30pm

Fully booked! Waiting list only.



The Dalai Lama said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Compassion is the highest form of yoga. We will practice Metta or “Lovingkindness” meditation to nurture and awaken the empathetic heart through the energy of mercy and the cultivation of openness. This powerful Tibetan Buddhist meditation practice helps us to develop our compassionate nature with equanimity, steadfastness and grace. Workshop includes guided meditation, partner practice and discussion.

Beginners to experienced meditators welcome.

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

SpiritDance SoulSong Workshop and Kirtan Concert with Daphne Tse

Daphne Tse is coming back to Sun and Moon with her New Album *Arigato*. (In Japanese!)



SpiritDance SoulSong: Movement, Music& Medicine for Wellness and Vitality!

Wednesday May 31, 4:00pm-6:00pm

Fully booked! Waiting list only.

Movement and music are two of the oldest forms of healing. Join Daphne in a conscious exploration of present moment embodiment through movement meditation, dance, and SoulSongs. We will awaken our inner body's intuitive flow through breath and imagery. Daphne will guide us in discovering our true voice and uncovering the songs in our hearts and souls. Something out of the ordinary happens when we move from structured movement to spontaneous dance, from speaking to singing, from moving from a place of doing to moving into Being. Reclaim your authentic movement and your true voice and get to know how to use it as medicine, not only for yourself, but for everyone you touch in your life!

The practice is for everyone, no dance or musical background required.



Open Your Heart, Open Your Voice Kirtan

SoulSongs for Peace, Love & Happiness

Wednesday May 31, 7:00pm-9:00pm

We have expanded the limit. Registration re-open!

Daphne invites you to join her for this participatory healing music experience that uses ancient Sanskrit mantras and world music to bring community together. Kirtan calls upon sacred energies, which serve to quiet the mind, remove obstacles, and bring us back to the centers of our being. Come ready to sing and experience the power of healing mantra music. Open to all... no musical experience needed!

Cost: 4000yen for each event.

For both events, 7000yen.

Japanese translation: Akiko Hamazaki

Bio:

Daphne is a soulful singer/songwriter originally from Texas currently calling the world her home. Since her initial yoga class 15 years ago, she has merged her spiritual practice with her contemporary folk singer/songwriter style. She studied music at UT in Austin, The Old Town School of Folk Music in Chicago and kirtan music with Jai Uttal. She has released music on Shiva Rea's yoga music compilations and has 3 solo albums, *Mata*, *Finding Water* and her newly released album in Japanese, *Arigato*. www.daphne-tse.com

How to Apply: *Registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.

“Secret Yogini Rituals” - Venus Yoga with Sara-Shivani

FULLY BOOKED!

Sunday May 28th, 2017. 7:30-10:00pm (2.5 hrs)

(This workshop is bilingual.)



This is a “reset process” for women who want to deepen their yoga practice and dramatically improve their energy levels, connection to their sensual nature, and quality of sexual pleasure in their lives.

This Venus Yoga workshop teaches you how to do short rituals at home upon waking, in the shower, and before you sleep AND how to secretly do special breathing practises during a normal yoga class - so you feel the energy of your chakras and kundalini (creative and feminine energy) flowing and rising through your body.

Doing these secret rituals allows you to deeply cleanse your physical body, and let go of negative emotions and experiences. The rituals are designed to give you the experience of true inner fulfilment and with practice this feeling and renew self confidence and energy will seep into your daily life, work and relationships.

Rituals include;

Massage and mantra sequences to relax and balance your hormones,

Movement sequences to detox and energize your lymphatic system,

Breath-work (pranayama) for sexual health and healing,

Meditations for more self love, inner peace and sensual pleasure.

AND an introduction to using the Jade Egg* gem stone in the rituals to expand all the benefits listed above.

Venus Yoga is a fusion of tantric and taoist wisdom presented with gentleness, insight, humor, and love. It's for all women no matter the age or yoga level and compliments your current yoga practice - no matter the style.

* You can purchase a Jade Egg gem stone before or after the workshop for 8,000 yen. Purchase includes 8 free introductory videos you can watch online and access to a secret Facebook group for continued support.



About Sara Shivani: In today's busy and complex world, Shivani's main message is to slow down and tune in through simple yet potent self care rituals that specifically nourish the female body and the deepest longings of connection, pleasure and joy as women. Shivani is founder of Blissiplined & Venus Yoga, Co-Founder of The Sunrise Yoga & Meditation Academy, massage therapist and mother to a 5 year old son. Over the last 17 years, Shivani has taught meditation, massage and yoga at some of

the most well regarded companies in Australia, Bali and Japan (where she lived and trained for 11+ years). She's helped thousands of women, just like you, who are yearning for more self connection, pleasure, fulfillment and bliss. She's personally overcome a variety of health problems (severe menstrual pain, back pain, asthma, allergies, negative body image) and two unhealthy marriages to get to her current passion filled life. Let Shivani show you her 'secert yogini rituals' so that you can have more bliss in your life too.
www.bodyblissbusiness.com

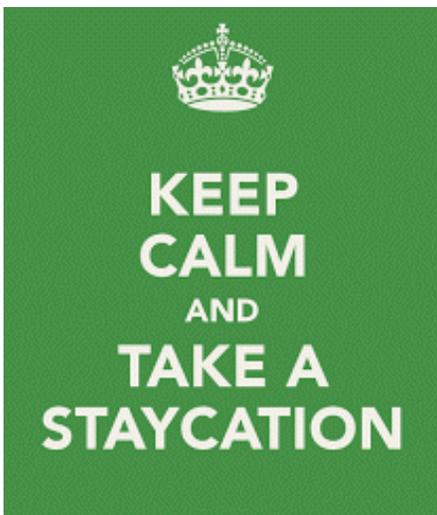
Cost: 5,000 yen

This workshop is bilingual and will be assisted by Yuki Yokota

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.



GOLDEN WEEK STAYCATION with Leza and Em at Sun and Moon

Gotanda

**Wednesday May 3 - Thursday May 4
9:00am - 7:00pm**

Fully Booked! Waiting list only.

Take a Break this Golden Week right here in Tokyo!

Join Leza Lowitz and Em Bettinger for a 2-day Staycation at Sun and Moon in Gotanda.

Program

Day 1 & 2

9.00-10.15 Pranayama/Meditation with Em

10.30-12.30 Vinyasa Yoga with Em (Day1: The Balance of Sun & Moon, Day2: Wind to Unwind)

1.00-2.00 Vegetarian Lunch

2:30-4:30 Dharma Talk with Leza (Day1: Wisdom of The Yoga Sutra, Day 2: Tools of Mastery from the 8 Limbs of Yoga)

5:00-7:00 Restorative Yoga with Leza

Vinyasa Yoga with Em:

Day 1: The Balance of Sun & Moon

The meaning of ha-tha is sun and moon. This flow will start with flowing postures to build heat and then dive into cooling, calming postures to help balance our inner solar and lunar energies.

Day2: Wind to Unwind

Mindfully working on establishing stability, strength and evenness through lateral and a twisting standing postures before deepening and exploring variations of twisting seated postures. Perfect for that spring cleanse!

Dharma Talk with Leza:

Day 1: Ancient Wisdom from the Yoga Sutra for Modern Times

The Yoga Sûtra is a collection of 196 aphorisms written by the sage Patanjali over 2000 years ago, and remains the definitive guide to a Yogic Lifestyle. These “threads” (Sanskrit for “sutra”) offer keys to living a purposeful life. Learn more about the sutras and explore various interpretations of their meanings, deepening your understanding of this ancient timeless wisdom and gaining new appreciation of how it can be relevant to your own modern life.

Day2: Tools of Mastery from the 8 Limbs of Yoga

Practicing yoga is more than just folding your body into intricate poses. Yoga is a way of life. Over 2000 years ago, Patañjali created a blueprint for this lifestyle, which he wrote about in The Yoga Sûtra. The Eight Limbed Path to Yoga is a key component of the Yoga Sutra, which maps out eight stages to spiritual development. In this talk, explore the eight limbs– YAMA (Don'ts) NIYAMA (Do's) ASANA (postures) PRANAYAMA (energy expansion/breath control), PRATYAHARA (turning inward), DHARANA (concentration), DHYANA (meditation), SAMADHI (awakening), in this thought-provoking lecture.

For most of us, Asana (yoga postures), is our main yoga practice. But really, this is the third stage of the Eight-Limbed path. Before we even begin to practice asanas, there are two fundamental yogas we should practice– Yama (how we treat others) and Niyama (how we treat ourselves). These foundations set the stage for evolution, preparing us for the remaining four limbs on a path to awakening. This dharma talk will break down the Eight Limbs of Yoga and offer practical, inspirational advice on how to apply them in the real world to transform ourselves so we can better serve others.

Levels: All levels, beginners welcome. Prior notification for special circumstances (injuries, pregnancy) required.

About the Instructors:

Leza Lowitz has been teaching and practicing Hatha and Restorative yoga for over a decade. She was the first teacher to introduce Restorative yoga to Japan in 2003. (When Sun and Moon shipped all the props from America, customs officials held them for months because they had to test every pillow and eye bag for hidden drugs!) She has offered her highly popular Restorative yoga classes at workshops and on retreats internationally. She appeared on “99 Size” teaching Restorative yoga in 2004. She is a writer and certified yoga teacher who has studied many yogic and healing traditions with many illustrious teachers and masters from all over the world. She is the owner of Sun and Moon Yoga and author of the best-selling book *Yoga Poems: Lines to Unfold By* and *Sacred Sanskrit Words: For Yoga, Chant and Meditation* (with Reema Datta) in addition to 18 other books.

Em Bettinger loves movement and the mechanics of it, and started dancing from an early age, going on to study contemporary dance at 18. Through her dance studies she was introduced to yoga. Em sees yoga as a “dance on the mat” - the breath guiding you and energy radiating from within. She believes you need to be in the movement physically, mentally and emotionally - then as a person you grow, as does your practice. Em teaches Ashtanga Yoga, Yin/Yang Yoga and Vinyasa Flow at Sun and Moon.

Cost:

Early Bird Registration: 23,000yen for both days (if registration including the completion of payment completed by March 31, 2017)

Regular cost for registration after April: 25,000yen for both days

Regular cost for 1-day: 15,000 yen per day (Priority is given to those who enroll in both days.)

Lunch included in fee.

Mats and props available at the studio.

Translator: Haruka Takahashi (in the Dharma Talk workshops)

Limit: 18 people

How to Apply: *The registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.



Meditation, Mindfulness and Mantra: April Mindfulness Workshop: Mindfulness of Body Sensation with Patrick Mitchell

Sunday April 30 4:30pm-6:30pm

Like the breathing cycle, the body is ever-present. Consequently our physical frame makes an excellent object of meditation and there are a large number of mindfulness practices that deal with body sensation.

In this mindfulness workshop we will:

- investigate layers of sensation including contact, movement, and temperature
- survey gross and subtle sensation in the major body systems
- engage in a detailed scan/sweep of body sensation, and
- alternate sitting periods with mindful walking.

Come join us and develop awareness of physical sensation, which is of course applicable across all your meditative, yogic, and daily activities. Beginners and those with experience are welcome.

About the instructor



Patrick Mitchell

Mindfulness/Stress Management Instructor, M.A. Contemplative Education

Patrick is a certified hatha yoga instructor (Sivananda, August 2000) with a growing interest in the depth and breadth of mindfulness meditation. He began practicing vipassana meditation in 2001 with a series of Goenka retreats and has since participated in many insight meditation retreats in India, Thailand, Canada, and Japan.

Patrick's mindfulness training includes Mindfulness-Based Stress Reduction in Mind-Body Medicine: A 7-Day Professional Training with Jon Kabat-Zinn and Saki Santorelli at Omega Institute, New York, 2005. In 2008, he spent two months in Worcester, Massachusetts for the eight-week Practicum in Mindfulness-Based Stress

Reduction at the Stress Reduction Clinic (University of Massachusetts Medical Center).
Please visit tokyostressreduction.org to learn about MBSR courses in Japan.

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *This registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.



Meditation, Mindfulness and Mantra: February

Mindfulness Meditation with Patrick Mitchell

Sunday February 26 4:30pm-6:30pm

In this mindfulness workshop we will survey the breath as an anchor of meditation. Focusing our attention on specific body areas while breathing in a relaxed manner is a reliable way to calm the emotions, increase body awareness, and develop concentration.

BEGINNERS WELCOME! No prior meditation experience necessary.

About the instructor



Patrick Mitchell

Mindfulness/Stress Management Instructor, M.A. Contemplative Education

Patrick is a certified hatha yoga instructor (Sivananda, August 2000) with a growing interest in the depth and breadth of mindfulness meditation. He began practicing vipassana meditation in 2001 with a series of Goenka retreats and has since participated in many insight meditation retreats in India, Thailand, Canada, and Japan.

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Please visit tokyostressreduction.org to learn about MBSR courses in Japan.

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

How to Apply: *The registration is closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz at Sun and Moon Yoga in February 2017



Schedule

February 2017 Course

Saturday/National Holiday February 11 4:30-9:30pm (5 hours)

Sunday February 12 4:30-9:30pm (5 hours)

Saturday February 18 4:30-9:30pm (5 hours)

Sunday February 19 4:30-9:30pm (5 hours)

Come join us for this popular, comprehensive and life-changing teacher training.

Why Restorative Yoga? Why Now?

Daily life is incredibly stressful, especially in an urban environment. We spend a great deal of energy just trying to survive, often running on adrenaline (the “fight or flight response”) until we burn out. Now more than ever, we need a slower, deeper yoga practice that helps us regain our equilibrium and combat the stresses of modern life. Restorative yoga is one such practice that invites the body’s “relaxation response,” calms the nervous system, and quiets the mind. Restorative Yoga is a deeply relaxing, “passive” practice of Hatha Yoga in which we let go of physical, mental and emotional tension by practicing yoga poses in a fully supported environment, holding the poses for longer durations of time, and focusing on the breath. Supported by a variety of props such as bolsters, blankets, blocks, belts, sandbag weights, and other props, this practice helps us regain the equilibrium of the body/spirit, allowing deep relaxation, surrender and opening. This practice is perfect for those who have injuries, are recovering from illness, those with physical limitations, or those who simply want to relax and regain harmony and balance in their lives.

COURSE CONTENT

In this teacher training, you will learn: What is Restorative Yoga? How does it work physiologically, psycho-spiritually, and emotionally? Proper use of Props: How to set up each pose. How to spot and correct common mistakes in prop usage Restorative sequences for different effects Many original restorative postures developed by Leza Specific poses/practices for specific therapeutic needs (insomnia, chronic fatigue syndrome, etc). Pranayama for Restorative yoga How to design a Restorative yoga class around a specific theme or focus. How to incorporate other forms of yoga therapy into Restorative yoga, such as Thai Yoga Massage, Visualization, Guided Meditation, Yoga Nidra, etc.

This course will also discuss concepts such as "How Yoga Works" using the Inner and Outer methods of thought/intention and Five Layers of Experience (koshas). Meditations and Inner Work sessions will be incorporated into the teachings on Restorative asanas.

COURSE FORMAT Classes will be part lecture, part practice, part demonstration in which students will set each other up in the poses and practice with each other, and part question and answer period/discussion.

ABOUT THE INSTRUCTOR

Leza Lowitz has been teaching and practicing Hatha and Restorative yoga for over a decade. She was the first teacher to introduce Restorative yoga to Japan in 2003. (When Sun and Moon shipped all the props from America, customs officials held them for months because they had to test every pillow and eye bag for hidden drugs!) She has offered her highly popular Restorative yoga classes at workshops and on retreats internationally. She appeared on "99 Size" teaching Restorative yoga in 2004. She is a writer and certified yoga teacher who has studied many yogic and healing traditions with many illustrious teachers and masters from all over the world. She is the owner of Sun and Moon Yoga and author of the best-selling book *Yoga Poems: Lines to Unfold By* and *Sacred Sanskrit Words: For Yoga, Chant and Meditation* (with Reema Datta) in addition to 18 other books.

What to Bring:

The studio has everything you will need for this training. No need to bring bolsters, blankets, weights, yoga mats, eye pillows or anything else. Just bring a notebook and water. You will be given take-home handouts after the end of each session. No recording will be permitted.

Cost: 80,000yen

Japanese and/or English training manual provided upon completion. Certificate awarded upon successful completion of course. Payment instructions will be sent upon receipt of your request. Early application is strongly suggested.

Limit: 20 students. Course fills up quickly, so register soon to ensure a spot.

*For re-takers, 50% off. Please state briefly the reason why you wish to retake the course when you apply.

Japanese translation by Haruka Takahashi.

(The course is taught in English with the Japanese translation.)

REQUIREMENT:

- Prior 200hr Yoga Teacher Training Certification is strongly suggested. For those who wish to share the practice privately or with family, exceptions can be made. Please email Sun and Moon directly to inquire.
- Attendants are required to have taken at least 10 restorative yoga classes prior to this training.
- Attendants must take all sessions. No make-ups will be allowed except in the case of emergency.

How to Apply: *The registration is closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with "RTTC FEBRUARY 2017" in the subject. Include your full NAME, ADDRESS, PHONE NUMBER and PLEASE ANSWER THE FOLLOWING QUESTIONS BRIEFLY AND FROM THE HEART.

1. PLEASE DETAIL YOUR YOGA PRACTICE (HOW MANY YEARS, STYLE, WHERE)
2. PLEASE DETAIL YOUR YOGA TEACHING EXPERIENCE (HOW MANY YEARS, STYLE, WHERE, CERTIFICATION: SCHOOL NAME AND DATE OF GRADUATION/CERTIFICATION)
3. WHAT IS YOUR RESTORATIVE YOGA EXPERIENCE AND WHY DO YOU WISH TO TAKE THIS TRAINING?
4. WHAT IS YOUR INTENTION FOR THIS TRAINING? PLEASE BE SPECIFIC.
5. PLEASE LIST ANY INJURIES OR MEDICAL CONDITIONS WE SHOULD KNOW ABOUT. (INCLUDING PREGNANCY)

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.



Anatomy for Yoga Instructors with Yvonne Jaques
20 hour TTC at Sun & Moon Yoga, Gotanda

January 27, 28, 29 & 30, 4:30 - 9:30pm

An anatomy course like no other.

Understanding the structure and key components of our physical body anatomy enables us to connect more deeply to our subtle body anatomy. Feeling and experiencing movement as energetic potential before it actualizes into mobilizing us is a profound way to develop a strong and centered yoga asana practice that spontaneously moves us into the realm of the subtle body and allows this deep and crucial connection to the central channel which is the core objective of yoga practice. Asana is ultimately intended to draw us deep within to the deepest states of meditation.

Through extensive workshopping and hands on training, learn how to feel and then teach the musculoskeletal, neuromuscular and other physical body connections to the subtle body that must be intact for every in the body to flow smoothly and for optimal, pain free function - homeostasis. Experience what it is to find perfect alignment in your body from the inside out and then teach it to your students from the outside in. Perfect the perfect assist that makes them go “ahhhh.” Discover how a complete yoga practice addresses all body systems through its various components of asana, pranayama, mudra, bandha and ultimately, meditation. Our study includes all the physical and subtle body systems.



This course or adaptations of it are also offered as the accredited anatomy component of a 200 or 300 hour Yoga Teacher Training Program.

Learn more with Padma Yvonne Jaques who served for four years on the faculty of Langara College Yoga Teacher Training Program, including two years as the anatomy/physiology instructor, and has taught yoga philosophy and asana methodology on the faculty of the Yoga Studies Institute. Padma teaches motor control re-education and functional movement including Diane Lee’s (“The Pelvic Girdle”) and Linda-Joy Lee’s Connecting to Your Core and Postpartum Health for Moms courses. She has more than twenty years of experience as a C.H.E.K Practitioner (Level 3) and an exercise therapist with her own successful practice in Vancouver, Canada.

Cost:

Early Bird if registration including the completion of payment completed by December 15, 2016: 90,000yen

Regular cost: 100,000yen

Japanese Translation by Kazuko Ikegawa

**Here's what they say about this course:**

First of all, thank you for making the Anatomy part so enjoyable, it was very interesting and fun! I am very grateful I could meet you as you are a very inspiring teacher!!! I loved your classes and I will miss you a lot. I hope our paths will cross again some day so I can learn more from you!!! THANK YOU for everything!

Always sincerely,

Agnieszka

It was really amazing have you as my teacher over the last 6 months. I'm sure our paths will cross again in the near future!

Amanda

Thank you so much. I am so grateful to have had you as my instructor and cannot wait to learn more with you one day! I'll be thinking of you along and all throughout my yoga journey!!

Namaste,

Hannah

Thank you so much for your guidance and support for the past several months. I sure will return to your class since I have so many questions to ask you on asanas. Each asana seems to have its own universe, so deep and so vast. The more I get to know them, the more I get fascinated by them. And I am still at the starting point in my journey.

Nao

You are such a great teacher!!! The anatomy class was just WOW! So important to understand, so helpful and so necessary to teach yoga. I don't think I have fully understood all of your classes but I still keep studying with those books. I am so grateful to have met you. It's been really hard for me but I have never doubted about taking this course. And it is almost ending but I have you! I will come to your class. I'm really looking forward to.

Namaste,

Tomomi

I am very glad to have you as my teacher! Honestly, I felt the anatomy class might be boring at the beginning, because of my language problem: Sanskrit & lots of anatomical terminology. And then, I found myself starting to taste something new, and getting interested in it more and more. Then suddenly, it ended too quickly! I would like, someday, to have a chance to learn from you again! You are so nice and helpful. We all love you!

Namaste,

Thank you so much for your instruction, your wisdom and your beautiful sense of humor. Looking forward to your yoga class.

Namaste!

Diana

Thank you so much for your beautiful energy and enthusiasm around anatomy. It is a subject I am very passionate about and you succeeded in increasing my interest!!! I also feel like I have integrated the information very well. Thank you.

Namaste,
Jaycee

How to Apply: *Registration closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with “ANATOMY COURSE 2017” in the subject. Include your full NAME, ADDRESS, PHONE NUMBER and PLEASE ANSWER THE FOLLOWING QUESTIONS BRIEFLY AND FROM THE HEART.

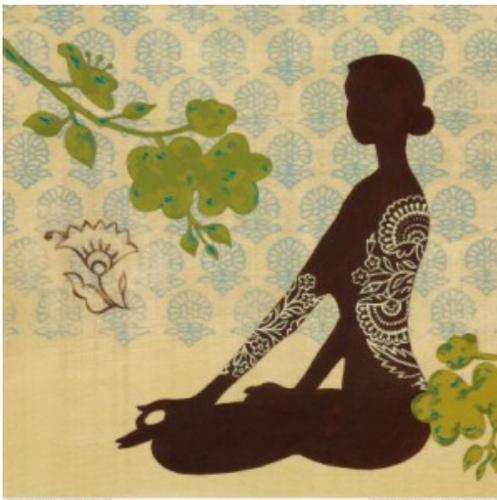
1. PLEASE DETAIL YOUR YOGA PRACTICE (HOW MANY YEARS, STYLE, WHERE)
2. PLEASE DETAIL YOUR YOGA TEACHING EXPERIENCE (HOW MANY YEARS, STYLE, WHERE, CERTIFICATION: SCHOOL NAME AND DATE OF GRADUATION/CERTIFICATION)
3. WHAT IS YOUR INTENTION FOR THIS TRAINING? PLEASE BE SPECIFIC.
4. PLEASE LIST ANY INJURIES OR MEDICAL CONDITIONS WE SHOULD KNOW ABOUT. (INCLUDING PREGNANCY)

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.

**Meditation, Mindfulness and Mantra: January
New Year, Quiet Mind: Introduction to Meditation Special Workshop
With Leza Lowitz**

Sunday January 22 4:30pm-6:30pm

Fully Booked!



BEGINNERS WELCOME! No prior meditation experience necessary.

This introduction to meditation and self-inquiry gives you a look at how the stories you tell yourself are not your true identity. Meditation helps you to quiet the mind while self-inquiry assists in questioning and releasing your false self. When the mind is quiet, the mind slows down—then you can inquire into the truth of the stories you tell yourself. Come and take a look at who you are in this special workshop with Leza Lowitz, who has spent over a quarter of a century doing different forms of meditation.

Workshop Content

Lecture on Meditation

Meditation (Instruction)

Question and Answer Period/Discussion

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Japanese Interpretation by Haruka Takahashi

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

ANNUAL ABUNDANCE FLOW WORKSHOP

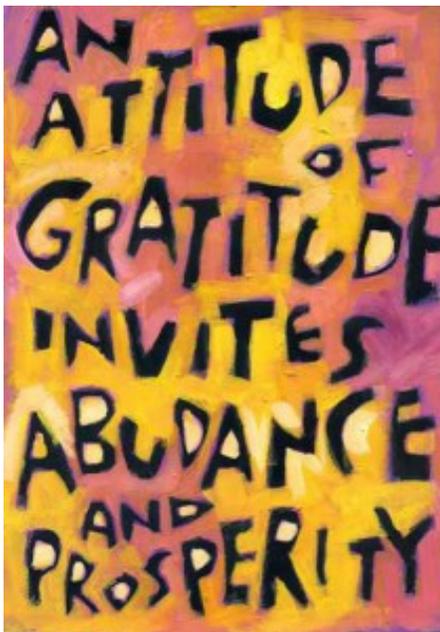
Creating Abundance: Opening to Flow:

A One-Day CRASH COURSE in Energy Flow and Manifesting with Leza Lowitz at Sun and Moon Yoga

Monday/National holiday, January 9, 2017 9:00am-4pm

Fully booked! Waiting list only.

Japanese translation by Haruka Takahashi



SET GOALS FOR THE YEAR AND CHART A NEW COURSE FOR YOUR LIFE!!!

Do you feel guilty having plenty? How do you approach giving and receiving?

Do you love what you do?

Does something always seem to stop you from pursuing your dreams?

Money and abundance, like everything else in the universe, are forms of energy. They have certain spiritual laws of flow. What is your attitude towards money and abundance? Where did it come from? Do you give yourself permission to have abundance?

This workshop is about opening up ALL CHANNELS OF FLOW in the universe and manifesting your highest potential to help you serve others.

This workshop will also help you understand and transform your relationship to money and flow, ultimately

helping you find your life's work and realize your natural state of abundance and generosity, having more to give and share.

In this workshop, we will use:

- guided meditations
- journaling
- manifesting techniques
- partner work
- magnetizing techniques and more...

All to help you understand and transform your beliefs about abundance, listen to your intuition, and draw opportunity and possibility to you in ways that support you and the universe.

A participant in a past "Creating Abundance" workshop said:

"I can't thank you enough for all you taught and offered today. I have not felt this clear about my purpose in life before. So much in today's workshop spoke to me, and I now have the faith and trust in myself to go forward and put it all into action!!!"

Writer Bonnie Lee La Madeleine attended a prior workshop on Creating Abundance. She said; "The workshop did more to help me see how I hinder my own efforts than anything else. The experience has helped me focus my writing skills and develop a plan to become a full-time self-employed writer. I now have one book in negotiation, and one proposal being seriously considered."

If you have been looking for a way to expand your horizons and potential, this special workshop is for you.

The workshop will be in English with Japanese interpretation by Haruka Takahashi. You may do the journaling and partnerwork in English or Japanese.

Cost:

SPECIAL WINTER SOLSTICE DISCOUNT–15,000yen if registration including the completion of payment completed by December 25, 2016

Regular Cost: 20,000yen

Previous Workshop Attendees who wish to Repeat–10,000yen

Limit: 30 people

THIS WORKSHOP FILLS UP QUICKLY, SO SIGN UP NOW AND START TO MANIFEST YOUR DREAMS!

How to Apply: *Registration closed.

If you are interested in attending this workshop, hit [Contact](#) and send in a request with the workshop title in the subject. Include your full NAME, ADDRESS, and PHONE NUMBER.

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.