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[Special Nada Yoga Experience with Leza Lowitz and Hiroyuki Matsuhisa](#)

[Golden Week Staycation with Em and Leza at Sun and Moon, Gotanda, May 3 & 4 2018](#)

[BECOME AN ARTIST THE GENESIS WAY, An Introduction to Intuitive Drawing with Liane Wakabayashi, April 21 2018](#)

[Yoga Cross-Training Playground, a Workshop with Caitlin Casella, March 24 & 25 2018](#)

[Dwelling in the Compassionate Heart: Meditation Workshop with Leza Lowitz](#)
[Metta \(Lovingkindness\) Meditation March 18 2018](#)

[Self-Defense & Energy Skills Workshop: Harnessing the Power of Ki with Shogo Oketani, Karate Buff and Gentleman, March 11 2018](#)

[NEW SPECIAL COURSE: Yoga Life Magic](#)
[20-Hour Immersion with Leza Lowitz, February 2018](#)

[Subtle Body Asana Workshop: Vayus, Chakras, Bandhas and More with Padma Yvonne Jaques, January 28 2018](#)

[Cleansing Yogic Practices - Shatkarma Workshop with Kazuko Ikegawa, January 19, 2018](#)

[ANNUAL ABUNDANCE FLOW WORKSHOP with Leza Lowitz, Creating Abundance: Opening to Flow, January 8 2018](#)

[INTO THE FIRE: FREEING THE PAST & MOVING FORWARD, Start the New Year with a clean slate, Workshop with Leza Lowitz, January 7 2018](#)

[Jump Start Your Mind and Body, Chakra Tune-up for the New Year Lady Niguma Yoga with Leza Lowitz, January 1 2018](#)



Special Venus Yoga Workshop for Women with Yuki

Monday/Holiday December 24, 2018 2:30pm-4:30pm

We offer a special Venus Yoga Workshop for Women in December. The workshop is taught in Japanese.

[For details and registration](#) (Japanese page)



Solstice Slow All Down Workshop with Em Bettinger

**Saturday December 22nd - 5.00pm -8.00pm
Fully booked. Waiting only.**

Join Em for this candle lit workshop honoring the standing still of the sun for the Winter Solstice. The shortest day and longest night of the year is celebrated worldwide as the mid point of Winter and a time to reflect on the year past before the sun changes direction and leads us to the light.

Allow yourself to take rest from the activity of 2018 and be guided through a gentle flow with yin postures, breathwork, 108 OMS, mediation and time to set intentions for the year to come. You'll take yourselves deeper into your bodies through a restorative practice and then the ultimate of relaxation, yoga nidra. This is your time to take extra care and nurture yourself.

About the Instructor: [Em Bettinger](#)

Cost: 5,000 yen

Translation by Mina Suzuki

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.



LETTING GO OF 2018, MOVING INTO 2019

Restorative Yoga & Meditation Workshop with Leza Lowitz

Saturday December 15 - 5.00pm -7.00pm

DROP-INS WELCOME! (Advanced Registration has priority.)

If we want to bring new energy and space into our lives, we need to clear room for it to enter. This means turning our hearts inside out and shaking out the cobwebs, letting go of deep-seated blockages. This powerful workshop will consist of gentle movements, a guided meditation in forgiveness, a PUJA to let go of negativity, and Restorative Yoga. We will practice letting go of resentments, blame, guilt, anger, and shame about ourselves and others in our minds and bodies. It means experiencing sorrow, grief, and whatever is there with curiosity, compassion and kindness.

Forgiveness is a process, nothing will be forced—this is an opportunity to honor your own truth at your own pace and to let go to clear space for the new year.

End the year by cleaning house in your own heart to make way for the new.

About the Instructor: [Leza Lowtiz](#)

Cost: 3,000 yen (Class-card can be used. Please note it in your registration mail.)

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.



Ayuryoga Workshop with Yuko

Early Winter Workshop: Balancing Vata & Kapha

Saturday December 8 4:30pm-6:30pm

During Winter, everyone is more susceptible to a Vata & Kapha imbalance. In this workshop, we focus on how to balance and soothe Vata Kapha.

This workshop is taught in Japanese.

[For details and registration](#) (Japanese page)



**Special Restorative Yoga/Tibetan Singing Bowl Healing
with Leza Lowitz and Jesse Lee Parker**

Friday November 23 (National Holiday) 5:00pm-7:00pm

Fully Booked. Waiting list only.

Join Leza and Jesse Lee Parker for a deeply relaxing experience of Restorative Yoga accompanied by the healing vibration of ancient Tibetan singing bowls played by Jesse.

Cost: 4,000 yen

For both Healing Moon Workshop and Special Restorative Yoga/Tibetan Singing Bowl Healing: 8,000 yen

Limit: 19 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.

One week before an event, REGISTRATION CLOSES.



**Healing Moon Workshop
with Jesse Lee Parker and Leza Lowitz
Discover the Healing Power of Taoist Yoga and Yoga Nidra Practice**

Fully Booked! Waiting List only.

Friday November 23 (National Holiday) 2:00pm-4:00pm

Join Jesse Lee Parker and Leza Lowitz for an afternoon workshop of Healing Moon practices to rejuvenate and replenish your feminine energy.

Jesse will guide us in a unique Taoist Yoga Series which will rebuild the Inner Energy, balance the Hormone Systems, create a condition for self healing, and bring back one's youthful vitality. We will learn a very unique Taoist Yoga Flow Series and Meditation designed and created in Ancient times by Female Masters to bring balance, healing and harmony – truly a unique and rare practice for women in these modern times – truly very powerful. We will also learn about the Moon Cycle, and how to harmonize with the lunar energy for healing.

Leza will round out the session with a self-nurturing Metta compassion meditation and Yoga Nidra for relaxation with the Tibetan Singing Bowls by Jesse.

This workshop is especially nurturing for those facing fertility, hormone imbalance and female issues.

Translation by Mina Suzuki

Cost: 5,000 yen

For both Healing Moon Workshop and Special Restorative Yoga/Tibetan Singing Bowl Healing: 8,000 yen

About the Instructors

[Jesse Lee Parker](#)

[Leza Lowitz](#)

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.**



Ayuryoga Workshop with Yuko

Autumn Workshop: Balancing Vata

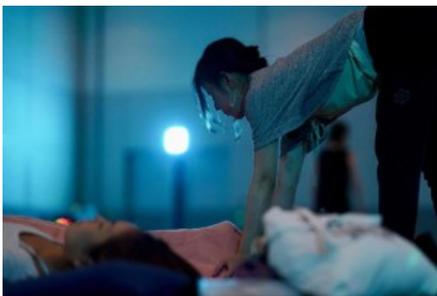
Saturday October 27 4:30pm-6:30pm

During fall, everyone is more susceptible to a Vata imbalance. In this workshop, we focus on how to balance and soothe Vata.

This workshop is taught in Japanese.

[For details and registration](#) (Japanese page)

Advanced Restorative Yoga Teacher Training Program with Leza Lowitz



The world today is a stressful place. It's even more important than ever to find peace and acceptance within ourselves.

Restorative Yoga offers the perfect practice to cultivate and nurture a calm, tranquil core. As teachers, it's the ideal practice to share with those who need a quiet practice to return to, to recharge their batteries and regenerate their life force.

We are pleased to offer our first ever Advanced Restorative Yoga Teacher Training program to build on skills and practices covered in our Basic RTTC.

Schedule

Friday October 5 5pm-9:30pm (4.5 hrs)

Saturday October 6 5pm-9:30pm (4.5hrs)

Sunday October 7 3pm-7:30pm (4.5hrs)

Monday/National Holiday October 8 9am-4:30pm (6.5 hrs + 1hr lunch time)

Join us for an intensive 20-Hour Advanced Restorative Yoga Teacher training that will give you deeper skills, wisdom, and confidence to continue share Restorative Yoga with others in a powerful, inspired way.

Sun and Moon's Advanced Restorative Teacher Training Advanced program provides comprehensive content that builds on the Basic Restorative Yoga Teacher Training with all -new material to help you deepen your yoga and meditation practice, teaching skills, and spiritual development.

This course offers hand-selected content of new restorative yoga poses, meditation techniques and practices, and teaching skills to take your teaching to the next level. It also includes ample time for practice teaching and feedback to help you improve your teaching skills and delivery. An open heart and mind, and the desire to continue to learn, are the very things that help you become a great yoga teacher. Keeping a humble and hungry “beginner’s mind” is the key to evolving personally and professionally. We need to continually build upon our skills to deepen our own practice, and offer our students opportunities to go deeper into their practice, too.

We are very excited to offer this course to our graduates, who have been requesting it for years, and look forward to you joining us!

Content:



Days 1 and 2: Advanced Restorative Yoga Poses

- Meditation to Practice and Share
- New Restorative Poses, including: Prop Set up and Modifications, Benefits and Variations
- How to Integrate Restorative Yoga in Hatha Yoga Classes, including prop use
- Deeper investigation/discussion of how Restorative Yoga works
- As desired, review of poses and meditations covered in the Basic RTTC
- Discussion, Self-Inquiry, Partnerwork, and Practice Teaching

Day 3: Meditation/Mindfulness

- Meditation to Practice and Share
- You will learn three new mindfulness techniques/ meditations not covered in the Basic RTTC.
- Teaching Skills Clinic: Practice Teaching Meditation with feedback
- Discussion, Self-Inquiry, Partnerwork, and Practice Teaching

Day 4: Teaching Skills

- Meditation to Practice and Share
- The Art of Observation: Deep Looking
- Savasana: Adjustments Your Students will Love
- Yoga Nidra: You will learn and practice teaching two complete Yoga Nidra guided meditations (short and long form)
- Review of Skills from days 1, 2, 3
- Teaching Skills Clinic: Practice Teaching/Adjusting with partner
- Discussion, Self-Inquiry, Partnerwork, and Practice Teaching
- Closing Circle



Certification Requirement:

Graduates who have attended all sessions fully will receive a certificate of completion for our Advanced Restorative Yoga Teacher Training.

Translation:

Full Course translated by Hiromi Kitty Thompson

Manual:

Comprehensive manual in English or Japanese included in cost.
Extra manual in another language: 3,500 yen on advance request.

Who Can Attend:

Our Advanced Teacher Training is open to graduates of Sun and Moon's RTTC or Rolling Restorative Training as well as those who have completed a 200-Hour Yoga TTC and a 20-Hour Restorative Yoga Training. Perfect for those who want to deepen and expand their studies in Restorative Yoga, Meditation and Teaching Skills. For further details, please email us.

Cost:

Regular cost: 98,000 yen.

Earlybird price: 88,000 yen. (Earlybird registration must be completed (Payment received) by August 20)

To Register *Registration closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with the course name and month 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.

(Photos by Yasuyuki Kobayashi)

SUN AND MOON ACADEMY OPENS THIS FALL

Academy Kick-Off, Monday, September 24

Becoming A Woman: Conversation and Community

CELEBRATING SUN AND MOON YOGA's 15th ANNIVERSARY and launching SUN AND MOON ACADEMY

with Tomo Yoshizawa and Leza Lowitz



Coming together is a powerful act. We're surrounded by a wealth of incredibly inspiring individuals from many different cultures, with amazing stories of ordinary lives lived extraordinarily. Sun and Moon Academy, a series of regular events held at Sun and Moon Yoga, will offer lectures, workshops,

conversations, performances, and events that will empower and transform. The programming will highlight inspiring people in the worlds of spirituality, yoga, science/technology, art & ideas, from a range of perspectives and approaches. The Sun and Moon Academy community will always be growing, learning, and sharing.

Mission

Sun and Moon Academy is a safe, inclusive, and accessible community space that connects individuals through ideas, information, inspiration, innovation, and inquiry.

To support our mission, we will present lectures, workshops, conversations, performances, and events that will empower and transform. The programming will highlight inspiring people in the worlds of spirituality, yoga, science/technology, art & ideas, from a range of perspectives and approaches. The Sun and Moon Academy community will always be growing, learning, and sharing.

Background

Committed to creating an uplifting and healing space in Tokyo, Leza Lowitz opened Sun and Moon Yoga in 2003. Since then, we have continued to grow and expand. Sun and Moon Yoga now serves thousands of students each year from all over the world.

Not only individuals, but families grace our doors. Many students have been with us since the beginning - we have had people meet at our studio, fall in love, start families, and now the kids are here! We are proud to provide a welcoming place for neighbors and travelers to unfold through the study and practice of yoga in a nurturing community.

In an era when many mom-and-pop yoga studios close monthly, we are thriving, despite the fact that we are not on the 200-hour TTC bandwagon. We hold sold-out workshops, immersions, and other programming on a consistent basis, and have kept true to our non-commercial, non-branding, all-inclusive, rebellious roots!

It has been incredibly fun, challenging, and rewarding. Now, we look to the future.

For decades we dreamed of providing an open forum to share our riches. In recent years, we pondered thoughtful ways to expand our offering to our vibrant community. We are pleased to announce the Sun and Moon Yoga Academy to fulfill that dream.

Why

Coming together is a powerful act. We're surrounded by a wealth of incredibly inspiring individuals from many different cultures, with amazing stories of ordinary lives lived extraordinarily. Founder Leza Lowitz says: "Sun and Moon Academy is here to inspire people to develop their gifts, skills, and offerings in whatever way best serves their individual selves, communities, and families. With our programming and community space, we aim to foster curiosity, awareness, and connection by providing a space to learn about diverse fields, cultures, and backgrounds through a spirit of generosity, service, and love."

What

Offerings include workshops, lectures, panel discussions, interviews, and "clinics." Topics range from personal evolution, spirituality, self-care, relationships and creativity, to sustainability, leadership, entrepreneurship, social activism, and general best practice life.

Participants will share their experiences and open the floor to free discussion. By listening to each other, we can reflect on our own lives, remember past experiences, look to the future, and simply, learn from others. It'll be a time to cultivate empathy, sympathy, resilience, and shared humanity. Be prepared to laugh, cry, discover, and simply have time to listen, talk, hear, and be heard.

Anything we love will be on the menu. We hope you will join us in the feast.

Who

We are committed to bringing you a variety of guest speakers from around the world across a range of fields

who engage, inspire, and spark the best in you. There's nothing more empowering than learning from each other in respectful dialogue and conversation.

Where

Sun and Moon Yoga, Gotanda, Tokyo. Workshops will be in English, or occasionally in Japanese, or sometimes bilingual. Details vary according to event and will be clearly posted on our website. Floor seating, unless otherwise requested beforehand. Registration is required. Advanced registration strongly suggested, as space is limited. Drop-ins welcome as space permits.

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Academy Kick-Off, Monday, September 24

**Becoming A Woman: Conversation and Community
CELEBRATING SUN AND MOON YOGA's 15th ANNIVERSARY
and launching SUN AND MOON ACADEMY
with Tomo Yoshizawa and Leza Lowitz**

Monday, September 24, 5:30-7:00pm (National Holiday)

Author, yogini and businesswoman Leza Lowitz joins writer/translator, and International PR Officer for Cultural Affairs for the Tokyo Metropolitan Government, Tomo Yoshizawa in conversation on WOMANHOOD, and what it means.

Tomo will interview Leza about her inspiring memoir reflects the author's deep connection to yoga and deepening quest for motherhood. The interview will be proceed in English with some Japanese translation. Then we will have a discussion with the panelists and participants on "Becoming Woman" and the interview. The discussion will be proceed bilingually.

Admission is free.

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.



WORLD PEACE DAY

**Music, Meditation & Mantra for Peace
Kirtan with Daphne Tse, Gumi, Keigo and Leza at Sun and Moon Yoga**

FULLY BOOKED! Waiting only.

Friday September 21 7:30pm-10:00pm

*Note that the time is changed!

Celebrate World Peace Day at Sun and Moon Yoga for a heart-opening kirtan with Daphne Tse, with music by Gumi (Bansuri) and Keigo Tanaka (Sound Creator) — and meditation with Leza Lowitz.

*Do your little bit of good where you are;
its those little bits of good put together that overwhelm the world.* —Desmond Tutu

Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this day to be devoted to strengthening the ideals of peace, both within and among all nations and peoples.

Join Daphne, Leza, Gumi and Keigo for a participatory evening of music, meditation and mantra for peace. We will come together to uplift and inspire each other to radiate peace in our families, in our communities and in our world.

Come ready to sing and experience the power of healing mantra music and meditation. Open to all... no musical experience needed! All ages welcome.

Doors open: 7:00pm (No earlier)

Concert start at 7:30pm (No Latecomers, please!)

Cost:

4000 yen (Early bird paid by 14th September - 3500 yen)

A portion of the proceeds will be donated to support those in need.

Advance Registration Required. (Last-Minute Drop-ins as space permits.)

Payment details will be sent upon Registration.



Daphne Tse BIO:

Daphne is a spirited, soulful artist and teacher originally from Texas. Since her initial yoga class 20 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, kirtan music with Jai Uttal and sound healing with Jonathan Goldman. Her music is featured on Shiva Rea's yoga music compilations and she has released five albums, including her newest release, SoulSongs: Music for Living Yoga. Daphne brings her soulful teachings and music to Japan with grace and joy for living life fully.

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 as stated in the instructions. Early application is strongly suggested.

One week before an event, REGISTRATION CLOSES.

Summer Bliss
Deep Relaxation through Yoga Nidra
A Workshop with Leza Lowitz

Sunday August 19, 5:00pm-7:00pm



Beat the heat 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). NO EXPERIENCE NECESSARY.

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: 18 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.

BACK BY POPULAR DEMAND!

Get Happy with Six Perfections: Meditation and Movement with Leza Lowitz

Sunday August 12, 5:00pm-7:00pm

Fully Booked! Waiting list only.



How can we shape the rough stones of our “imperfect” human lives, polishing them into diamonds that shine with love and compassion? The Six Perfections offer a way. This yoga series weaves Tibetan Buddhist compassion meditation (Tonglen) through a flowing 1000-year old sequence of yoga postures used to cultivate each of the “Six Perfections” of the Heart Sutra: generosity, kindness, patience, joyful effort, stillness, and wisdom. This wonderful practice helps us to nurture compassion for ourselves, our families and friends, even for those we don’t know, our enemies, and future generations. In this way, we work from the inside (with our thoughts and everyday actions), and we work from the outside (with asana and pranayama) to shift our awareness and transform ourselves. Come join us in this powerful heart-opening and healing yoga practice and meditation. Practice makes perfect!

(Image (c) <http://yanaskydancer.blogspot.jp>)

Level: Beginners-Intermediate (All Levels, First-timers welcome). No need to bring yoga mat. Bring water and a small towel.

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Limit: 18 people

Japanese translation: 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.

20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz at Sun and Moon Yoga in 2018



Schedule

July 2018 Course

Friday July 13 5:00pm-9:30pm (4.5 hrs)

Saturday July 14 5:00pm-9:30pm (4.5hrs)

Sunday July 15 3:00pm-7:30pm (4.5hrs)

Monday/National Holiday July 16 9:00am-4:30pm (6.5 hrs + 1hr lunch time)

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: 98,000 yen (tax included)

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 & Eriko Tsuchiya
(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: *Registration closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with the course name and month 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.

**Get Happy with Six Perfections: Meditation and Movement
With Leza Lowitz****Sunday July 1, 4:30pm-6:30pm****Fully booked! Waiting list only.**

How can we shape the rough stones of our “imperfect” human lives, polishing them into diamonds that shine with love and compassion? The Six Perfections offer a way. This yoga series weaves Tibetan Buddhist compassion meditation (Tonglen) through a flowing 1000-year old sequence of yoga postures used to cultivate each of the “Six Perfections” of the Heart Sutra: generosity, kindness, patience, joyful effort, stillness, and wisdom. This wonderful practice helps us to nurture compassion for ourselves, our families and friends, even for those we don’t know, our enemies, and future generations. In this way, we work from the inside (with our thoughts and everyday actions), and we work from the outside (with asana and pranayama) to shift our awareness and transform ourselves. Come join us in this powerful heart-opening and healing yoga practice and meditation. Practice makes perfect!

(Image (c) <http://yanaskydancer.blogspot.jp>)

Level: Beginners-Intermediate (All Levels, First-timers welcome). No need to bring yoga mat. Bring water and a small towel.

About the instructor

[Leza Lowitz](#)

Cost: 3,500 yen

Japanese translation: 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 WS in June

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

Sunday June 3, 4:30pm-6:30pm



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: Haruka Takahashi

Testimonial

“Yesterday’s workshop was my first time to study meditation. It was simple to understand and I was deeply impressed.”

The meditation we did was “cultivating compassion for others.” It changed my idea about meditation practice. I like the idea of “gathering our thoughts into a single focus and sending lovingkindness to others.” I have a friend who are taking a medical treatment. I thought of her during the meditation, and I am sure I was meant to be at the workshop for her. I will practice for her, and also with her when I see her next time. When I left the studio after the workshop, I felt it was warmer even though it was a cold winter day. Maybe it was because I meditated for others—for the people in the workshop and for my beloveds. Thank you so much. I intend to practice this meditation daily..” (M. T.)

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.

Nada & Bhakti Yoga Immersion/TTC with Daphne Tse **How to Develop Your Authentic Voice through the Power of Sound and Mantra**



Friday May 18 2:30pm-9:30pm

Saturday May 19 2:30pm-9:30pm

Sunday May 20 2:30pm-9:30pm

Join Daphne for an Immersion/TTC into the world of sound, music, toning, chanting and learning how to develop your authentic voice using the 7 chakra system and the 5 elements of nature.

The sound of your own voice is the most healing medicine for your body, mind and soul.

Daphne will offer tools and techniques for opening your voice. You will learn the bija mantras, the vowel sounds that coincide with each chakra, experience group and one and one exercises that will empower you as a yoga teacher on your path to full self expression!

Your vibration is unique, and becoming intimate with these powerful practices will guide you into deeper alignment, reconnection to your true essence, mental clarity and inner peace. It has been scientifically proven that the whole universe is made of vibrations. The ancient Indian scriptures actually affirm that the universe was created by sound.

We will experiment with various Nada, Mantra and Bhakti Yoga practices to support your yogic journey.

Who Can Take This Course?

This course is open to all levels of students. This Immersion/TTC is especially powerful for teachers that are interested in leading chanting, mantra and learning how to use your voice as an instrument of transformation for yourself and for your students. Open to both teachers and students interested in deepening their practice.



What are the benefits of taking this course & where can I teach?

Practicing Nada and Bhakti yoga can:

- help balance, calm and relax your mind, body and soul.
- support your mental clarity and inner peace.
- reduce anxiety, fear and aggressiveness.
- increase your capacity for joy, inner tranquility, happiness and harmony.
- offer a way to connect your spiritual heart with everyday life experience.
- lead to liberation of your natural and authentic voice.
- offer you a path of devotion and connection to the Divine and to all beings everywhere.

Where can you teach?

- You can incorporate these practices in your asana yoga classes at yoga studios and in private classes.
- You can teach these practices to children of all ages in schools and after school programs.
- You can teach these practices and offer to those in the corporate world to help with balancing the many stresses of the business world.
- You can volunteer and offer these practices in many places of need from nursing homes, to orphanages to homeless shelters.
- You can teach these practices to your family and friends to connect and create harmony and union in your home and community.

What You Will Learn?

1. Nada Yoga: What is Nada yoga and how to integrate the practices into your daily life. Experience how you relate to yourself, how you inhabit your body, how you align your mind, how you express your soul.
2. Bhakti Yoga: What is Bhakti yoga and how practicing this branch of yoga will open your heart and expand all areas of your life.
3. Where do mantras come from? How do they help to heal and balance your life
4. Specific purpose of sanskrit chants and how to apply them to your daily life.
5. Kirtan: What is kirtan and how to lead simple chants with your students or enjoy the practice with your family and friends.
6. Chakra chanting and Toning: Learn the bija mantras and vowel sounds that vibrate and balance the chakras. Learn how to incorporate this practice in your yoga practice or if you're a teacher, in your daily asana classes.
7. SoulSongs & Opening your Voice: Learn techniques to discover your natural voice and become confident with chanting, sounding and singing to connect to your soulwork.
8. Gods and Goddesses: Learn about the mythology of the Indian Gods and Goddesses in relation to the mantras and how they can support your spiritual path.

What is Nada Yoga?

Nada Yoga, or the Yoga of Sound, is the ancient spiritual art and science of inner transformation through sound and tone. Nada Yoga embraces the belief that the universe is vibratory, made up on infinitesimally small subatomic strands of energy vibrating at different frequencies. All objects in nature vibrate at varying speeds, contributing to their particular sound. We are constantly surrounded by sounds, which are in effect vibrations that have a profound effect on our own vibratory field, and therefore our well being.

Nada Yoga involves deep listening to the sounds of the universe, including the inner sounds of the body, the sounds of nature and of course, music. Our mind becomes easily absorbed in sound. This is why people (and even animals) enjoy listening to music. When the mind is fully concentrated on anything, a feeling of inner bliss arises. Listening to soothing sounds can take us into a deeply meditative state. The practice of Nada Yoga is

dedicated to using sound vibration to deeply relax and unify the body, mind, heart and soul, and is an accessible path to connecting our inner bliss state.

What is Bhakti Yoga?

The Sanskrit word bhakti comes from the root bhaj, which means “to adore or worship God.”

Bhakti yoga has been called “love for love’s sake” and “union through love and devotion.” Bhakti yoga, like any other form of yoga, is a path to self-realization, to having an experience of oneness with everything.

“Bhakti is the yoga of a personal relationship with the Divine,” says musician Jai Uttal, who learned the art of devotion from his guru, the late Neem Karoli Baba. At the heart of bhakti is surrender, says Uttal, who lives in California but travels the globe leading kirtans and chanting workshops.

Yoga scholar David Frawley agrees. In his book, *Yoga: The Greater Tradition*, he writes that the ultimate expression of bhakti yoga is surrender to the Divine as one’s inner self. The path, he says, consists of concentrating one’s mind, emotions, and senses on the Divine.

What is Mantra Yoga?

Mantra yoga is a type of yoga that uses mantras to awaken the Self and deepen the meditative aspects of a physical yoga practice. Mantra yoga is an exact science that is meant to engage the mind through focusing on sound, duration and number of repetitions. Repetition of the mantras is a means to get closer to the divinity within, and it creates positive vibrations that benefit both the one who chants and the one who listens.

Mantra yoga may also be referred to as Japa yoga. Japa is a Sanskrit word for the act of repeating mantras.



BIO: [Daphne Tse](#)

Daphne is a spirited, soulful artist and teacher originally from Texas. Her passion for music started from a young age and took her west to Los Angeles after university. Since her initial yoga class 20 years ago, she has explored merging her spiritual practice with her contemporary folk singer/songwriter style. She studied music at The University of Texas at Austin, Berklee College of Music, The Old Town School of Folk Music in Chicago and Kirtan with Kirtan master, Jai Uttal. She has travelled extensively sharing her music in Europe, North America, South America, Asia and beyond. Her music has been featured on yoga music compilations with Shiva Rea and she has released 4 albums, *Mata* (recorded in Bali), *Finding Water* (recorded in Hawaii), *Samahita Live* (recorded in Thailand) and *Arigato* (recorded in Japan).

Daphne has been teaching yoga since 2004 after completing her foundational teacher training in Venice, CA. Initially specializing in kids yoga, she found joy & light working with little people and began branching out and teaching students of all ages. She embraces the teachings of Shiva Rea, Erich Schiffman and Mark Whitwell in her daily practice.

In 2009 while living in Bali, Daphne co-founded SpiritDance SoulSong with her friend and mentor, Ellen Watson. SpiritDance SoulSong is an embodied movement, sounding, singing and fully integrated practice that brings us back to our medicinal roots of the yoga of dance & sound.

Daphne brings her soulful teachings and music to Japan with grace and joy for living life fully.

Fields of Teaching:

Nada Yoga, Kirtan, Movement Meditation

Sources: Edo Kahn, Swami Janakananda, Nora Isaacs

Cost:

Regular: 75,000 yen

Early bird (to complete the registration including the payment by April 17 2018): 65,000 yen

The course is in English with Japanese translation by Hiromi Kitty Thompson.

Policy: a student must attend ALL HOURS OF ALL SESSIONS in order to be given a graduation certificate. MAKE-UP SESSIONS ARE NOT POSSIBLE.

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.



SPECIAL CLASS!

Please join these special yoga classes

w/ Leza Lowitz with live music (Indian classical guitar) by Hiroyuki Matsushita

Saturday May 19

10:30am - 12:00pm Vinyasa

12:45pm - 2:00pm Weekend Treat/Restorative

Special class of Yoga with music!

Cost:

Regular class cards may be used. Drop-in for 3,000 yen.

No registration required.

First-come, first-served.

Drop ins welcome!

About Hiroyuki:

Hiroyuki Matsuhisa - is the only Satvik Veena (Indian classical instrument) player, singer-songwriter in Japan. Since 2009, studied under Grammy winner Pt. Vishwa Mohan Bhatt . In the same year, he started activities as a side guitar by Varnagita. He has collaborated with yoga teachers and various artists of diverse genres as a resident musician of The Physical Poets led by Mr. Fujiyou Mimaruru, a natural body poet. He has performed around the globe, including Japan, Europe, Korea, Indonesia, India and the USA (Hawaii).



GOLDEN WEEK STAYCATION with Leza and Em at Sun and Moon

Gotanda

Thursday May 3 - Friday May 4

9:00am - 7:00pm

Fully booked! Waiting only.

Spend this Golden Week in Tokyo with a Staycation at Sun and Moon.

Join Em Bettinger and Leza Lowitz for two days chock full of yoga, dharma teachings, asana, pranayama and meditation.

The Japanese have a word, ikigai (生き甲斐) which means “reason for being.” In Japan, finding one’s reason for being requires a deep, long search for self. This search itself is considered central, as the discovery of one’s ikigai is what brings satisfaction and meaning. Ikigai is a compound of two Japanese words: iki meaning “life, alive” and kai “effect, result, fruit, benefit.”

So how do we find our ikigai? How do we discover and awaken our gifts? How do we revitalize them if they’ve been stagnant over time? Come join us for this inspiring Staycation at Sun and Moon Yoga, immersing yourself in pranayama, meditation, asana, community and dharma talks to re-charge and revitalise your body and spirit. Each day, you will start with Em who will lead you through a simple meditation practice that you can take away yourselves and incorporate into your daily morning routine. This will be followed by a classical kriya and pranayama practice as taught at Kaivalyadhama in India. Then Em will guide you through Asana practice. Then we will break for lunch, and resume with dharma talks and personal work, meditation, and restorative yoga practice. It is our intention that you leave each day feeling full, inspired and refreshed—as if you have gone on Vacation.

Time Schedule (Day 1 & 2)

9.00-10.15 Pranayama/Meditation with Em

10.30-12.30 Vinyasa Yoga with Em (Day1: Practice is Practice, Day2: Set Your Intention and Love your Yoga)

1.00-2.00 Vegetarian Lunch

2:30-4:30 Dharma Talk with Leza (Day 1: What to Give Up: The Six Passions, Day 2: What to Take Up: The Six Perfections)

5:00-7:00 Restorative Yoga & Meditation with Leza

Program Details:

Vinyasa Yoga with Em

Day 1: Practice is Practice

A rounded flow reminding us our time on the mat isn’t to find the a particular perfect pose. No judgements. No comparisons. You come to your mat to practice.

Day 2: Set Your Intention and Love your Yoga

Setting an intention for your practice can be powerful and hopefully something that you can take with you when off your mat and put into practice in your everyday life. This class, we will set intentions to remind us why we come to our mats, why we love yoga and what can we take away with us.

Dharma Talk and Meditation with Leza

Day 1: What to Give Up: The Six Passions

Understanding the “Enemies of Mind”

In our path to transformation, the Buddha said it is good to know what to give up and what to take up. Ancient yoga texts mention six passions or “enemies of mind,” the Arishadvarga, which cause suffering and pain in our daily lives, and in our human lifetimes. The Six Passions are:

Kama – Desires

Krodha – Anger

Lobha– Greed

Moha– Attachment

Mada – Ego

Matsarya -Jealousy

These interrelated, interconnected passions are powerful individually, and even more powerfully collectively. Traditionally, they arise from avidya (ignorance), and are believed to be the root cause of unhappiness. Yet, instead of seeing them as “enemies,” we can shift how we see them, and can learn to embrace them as challenges, teachings, or opportunities. This dharma talk will explore the Six Passions and the practice of Cultivating the Opposite meditation to help transform them into powerful tools of self-awareness, learning and compassion.

Meditation: Cultivating the Opposite: Pratipaksha Bavana,

This is a yogic practice outlined in the Yoga Sutra to help stop negative ways of thinking through the discipline of “cultivating the opposite” quality or emotion.

Day 2: What to Take Up: The Six Perfections

Peace Within, Peace Without

When we give up attachments and ego, anger and desire, what do we take up? The Buddha knew. The “Six Perfections” of the Heart Sutra are a cornerstone for a happy life. They are:

Dana Paramita –Generosity

Shila Paramita —Kindness

Kshanti Paramita —Patience

Virya Paramita–Joyful effort

Dhyana Partita —Stillness

Prajna Paramita –Wisdom

These “Six Perfections” are innate human qualities that form a blueprint for living a virtuous life and transcending one’s karma. They remind us that when we’re born into this world, we join a web of interconnectedness with our fellow creatures, nature, the ecosystem and the atmosphere. They’re called “perfections” because we’re constantly led to practice these virtues until we “perfect” our human lives. Traditionally, the six treasures are cultivated by Bodhisattvas, enlightened beings who vow to help others attain enlightenment and keep doing so until all beings everywhere are free from suffering. Each builds on another. How do we really cultivate them in our busy, often overwhelming lives? In this dharma talk, we will look at what each perfection means to you personally, and discover how do we cultivate them in everyday life for more joy, balance, and acceptance. This a wonderful practice to nurture compassion for ourselves, our families and friends, even for those we don’t know, and for future generations. The Six Perfections offer a heart-opening blueprint and healing practice that the world needs today.

Meditation: Giving and Receiving Meditation—Tonglen

Of this brave and powerful meditation practice, Joan Halifax Roshi says: “Tonglen is a practice of great kindness

that opens up our whole being to the overwhelming presence of suffering (our own and that of others) and our strength and willingness to transform alienation into compassion through the energy of mercy and the cultivation of openness.”

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: 25,000yen for both days (if registration including completion of payment by March 31, 2018)

Regular cost for registration after April: 30,000yen for both days

Regular cost for 1-day: 18,000 yen per day (Priority is given to those who enroll in both days.)

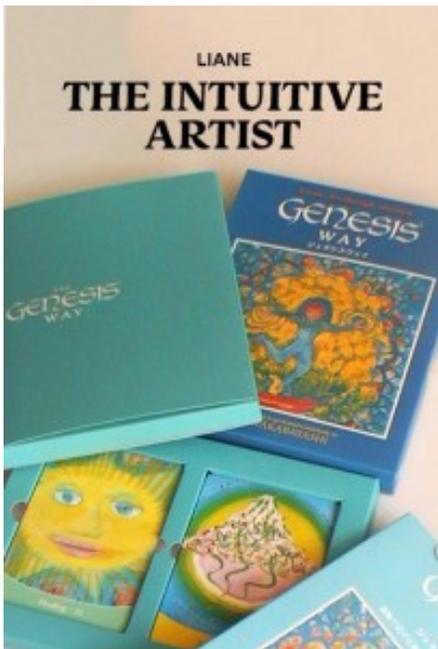
Lunch included. Mats and props available free at the studio. (Please note that the transportation and accommodation are not included.)

Japanese translation: Mina Suzuki

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.



BECOME AN ARTIST THE GENESIS WAY

An Introduction to Intuitive Drawing with Liane Wakabayashi

Saturday April 21, 7:30 pm - 9:30 pm

at Sun and Moon Yoga, Tokyo

Workshop in English with some Japanese by Liane

Is drawing something that other people do—but you would never try yourself? What if you could draw something lovely? And meaningful? It's a joyous moment when you begin to fall in love with your own unique power of artistic expression. In this introductory workshop, Liane will help you connect with drawing what you love, what you're attracted to, and being both a writer and an artist, she introduces you to “drawing toward you” the art that was waiting all along for you to invite it into your life. With no previous drawing experience, Liane will show you how an open heart can lead you to drawing intuitively—from the imagination and from the heart— in beautiful vivid colors.

Liane Grunberg Wakabayashi loves to initiate drawing to people who never believed they could draw. She is the creator of the Genesis Way, an intuitive and creative breakthrough deck of 44 cards that leads to arty conversations and surprising synchronicities between with the art you make and the art you select on randomly chosen Genesis Cards. Liane now lives in Jerusalem and is very happy to be returning back to Sun and Moon Yoga Studio for this workshop.



Cost:

If you already have a set of Genesis Cards please bring them and the cost of the workshop will be ¥3,000.

Special for Sun and Moon Yoga newcomers to Genesis Art: ¥5,000 includes your own set of Genesis Cards and Guidebook in English or Japanese (¥3,000 value!).

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.**



Yoga Cross-Training Playground

A Workshop with Caitlin Casella

Saturday March 24 4:30pm-7:00pm

Sunday March 25 4:30pm-7:00pm

Drop ins acceptable!

It's no surprise that yoga delivers a performance edge to athletes, both physically and mentally. But have you considered cross-training your yoga practice? If all you've been doing is asana, it's time to mix it up!

- Challenge your body/brain connection with unfamiliar movement patterns
- Learn strength-building strategies for joint stability with resistance bands and innovative use of props



- Avoid aches and pains common to yoga practitioners by training balanced

muscle tone

- Meet yourself with friendliness as you uncover and awaken blind spots
- Try new stretching and mobilization methods that touch joint angles not often accessed in asana
- Finish with a deep, satisfying rest

Program

Saturday: Upper body focus (shoulders, chest, upper back, and integrating the arms into the core)

Sunday: Lower body focus (hip and pelvic stability, leg strength, and integrating the legs into the core)



About Caitlin

Caitlin Casella (E-RYT500) is a YogaWorks certified teacher and trainer for YogaWorks 200 and 500 hour programs in the US and internationally. This year Caitlin will begin school for a Clinical Doctorate in Physical Therapy.

After moving to New York in 1999, Caitlin turned to yoga for stability and solace. Today, a meditative union of movement and breath combined with strength training inspire her practice and teaching. Caitlin's yoga classes are both physically challenging and quietly introspective. A slow flow, breath-centered approach teaches conscious transitions, integrated movement and embodied anatomy. Expect to work mindfully and deeply. Get to know your body better and walk away feeling stronger, lighter, and refreshed.

Cost:

One day: 5000 yen

For both days: 9000 yen

Japanese translation: Kitty Hiromi Thompson

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.

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

Sunday March 18 4:30pm-6:30pm



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: Hiromi Kitty Thompson

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.

Self-Defense & Energy Skills Workshop: Harnessing the Power of Ki with Shogo Oketani, Karate Buff and Gentleman

Sunday March 11, 2018, 4:30pm-7:00pm

Kids aged 7 or older welcome!



Want to feel safer and more empowered? This practical, detailed and hands-on workshop is a great way to learn some highly effective self-defense skills we hope you'll never have to use!

How to Use The Power of Ki

Ki (氣) is the life-force energy of the cosmos that also exists within each of us. We have a power source or life center in the body called the “dantien” (Japanese: tanden) located at the hara, three finger-widths beneath the belly button. In Japan there is an expression, “Put your power in the Sokka Tanden (under the belly button).” This means to gain equanimity and composure by focusing your energy on this point. When we integrate the

energy of the dantien using special breathing, we can manifest our potential power. This power is called ki. The power of ki is the cornerstone of martial arts, and will be the focus of this course on energy awareness, energy building, energy use, and self-defense.

The Advantage of Using Ki

Many people are interested in self-defense and have considered learning Karate or Judo, but hesitate because of the “hardness” or “Yang” qualities of those disciplines. The truth is, when we use the power of ki, we can master the skills of self-defense without stress to the body or joints. When we focus on ki, movement becomes flexible and fluid without utilizing or encouraging excess energy, lessening stress to the body. Also, with special breathing methods, we can balance the body and enhance concentration through exercise. We will begin with simple stretches to warm up the body and energy body, and end with relaxation, followed by discussion and Q/A.

In this workshop, you will learn:

1. How to work with and harness the power of ki. Breathing techniques to strengthen focus and concentration. Basic self-defense techniques. Using “everyday tools” as weapons of self-defense.
2. Breathing techniques to replenish and store ki inwardly. Work with the dantien to encourage core power, grounding and self-confidence. How to use ki for self-healing. Self-defense techniques and partner work.
3. Breathing techniques to utilize/expel ki outwardly. Self-defense techniques including punching and kicking. Partner work.
4. Harnessing and directing your ki for self-defense. Secret Shaolin, Karate and Jujutsu submission techniques. Partner work.

Advanced registration suggested. Limit: 18 people. All ages and levels of fitness welcome. Men and women both welcome! No martial arts or yoga experience necessary.

Cost: 5000 yen. (Kids: 1500 yen)

Class taught bilingually in English and Japanese by Shogo.



About the Instructor: Shogo Oketani was born in Tokyo and graduated from Keio University with a degree in Philosophy and Literature. He studied Judo and Kendo from childhood, and began studying Karate as a teenager. Later, he received his black belt from the Gensei School of Karate in Tokyo, where he also taught Karate. (He is a Third Degree black belt). He also studied North Shaolinquan Martial Arts from the Japanese master Ryu Meiko. In 1995, Oketani moved to Northern California with his wife, Leza Lowitz. In 2003, he moved back to Tokyo where he works as a freelance translator, writer and Self-Defense instructor. He is co-owner of Sun and Moon Yoga.

Oketani’s books are *Designing with Kanji: For Surface, Skin and Spirit* (Stone Bridge Press, 2005), *America and Other Poems* by Ayukawa Nobuo (Kaya Press, 2007), for which he received the Japan-U.S. Friendship Commission Award from the Donald Keene Center for Japanese Studies at Columbia University, the novel *J-Boys*, *Kazuo’S World, Tokyo, 1965* (Stone Bridge Press, 2011 and IBC Books, 2015), and *Jet Black and the Ninja Wind*, co-authored with Leza Lowitz (Tuttle Publishing 2013).

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.

**NEW SPECIAL COURSE: Yoga Life Magic
20-Hour Immersion with Leza Lowitz
at Sun and Moon Yoga**



Friday February 9 4:30pm-10:00pm (5 hours w/ break)

Sat February 10 5:00pm-9:30pm (4 hours w/break)

Sunday February 11 3:00pm-7:30pm (4 hours w/break)

Monday February 12 9:00am-5:00pm (7 hours w/break)

“Instead of trying to cover the whole world with leather, put on some sandals.”

–Master Shantideva

There’s yoga. There’s life. There’s magic. And then there’s the place where all three meet–YOU. But life is difficult. Challenges arise internally and externally. Our practice falls off. We lose it altogether. Then what? We need to go deeper. Through meditation, dharma wisdom, self-inquiry and yoga practices, this intensive will offer you the skills, inspiration, courage and conviction to break through to the next level of personal truth and transformation. Let’s make some sandals together so we can walk lightly on the earth in service and love.

About the Instructor: For more information about Leza Lowitz. please see www.lezalowitz.com and www.sunandmoon.jp

This Program is For:

Open only to previous graduates of the Sun and Moon 100-Hour TTC, Restorative Yoga TTC, Yoga Therapy TTC, Maternity Yoga TTC, or any other Sun and Moon Teacher Training Course. Available upon request to those who have graduated from Abundance Flow.

Cost: 164,000 yen per person, tax included. Early bird special of 154,000 for those who apply for December 1, 2017.



Limit: 18 people.

Translation by Haruka Takahashi.

How to Apply: *Registration is closed.

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

- Who are you? (Name, age, where you live, yoga experience, meditation experience, teaching experience if you have it, including certification place and dates, life and work experience, and anything else you think we should know about.)
- Why do you want to take this immersion?
- What areas in your life do you want to develop?
- The course name and year or the year of Abundance Flow WS that you attended at Sun and Moon.

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.



**Subtle Body Asana Workshop: Vayus, Chakras, Bandhas and More
with Padma Yvonne Jaques**

Sunday January 28 2:30-7:30pm
(with 30-minute break)

In this afternoon workshop for those who wish to dive deeper into their yoga, Padma Yvonne will guide participants into a clearer understanding and deeper experience of the subtle body and its various elements.

In this transformative workshop, we will explore and experience:

- Breath and associated inner winds (vayus)
- Chakras and subtle body location
- Bandhas and subtle body location and functions
- Elements – the five elements, how they relate to the subtle body and how to use them
- Meditation – powerful mind alignment to intensify your asana practice.

Don't miss this special chance to explore the subtle body and its treasures with this master senior teacher.

Cost: 12,000 yen for graduates of Yvonne's Anatomy for Yoga Teachers TTC and other Sun and Moon TTC
Regular cost: 15,000 yen

Japanese Translation by Haruka Takahashi



Padma Yvonne Jaques 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. Visit her at her [website](#).

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.

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.



Cleansing Yogic Practices

- Shatkarma Workshop with Kazuko Ikegawa

Friday, January 19, 2018 4:00pm-6:30pm

- Basic Hatha Yoga's six cleansing techniques -

Evening workshop; for those who are interested in cleansing techniques to balance doshas in terms of clearing passage for pranayama practice. These techniques were taught directly from my Guru, Sami Muktibodhananda Saraswati. We'll cover four techniques including; Dhauti (tongue cleansing), Kapalbhathi (breathing frontal brain cleansing), Neti (nasal cleansing), and Trataka (concentrated gazing).

Neti pot and tongue scraper are provided at workshop.

Anyone who are interested in the yogic cleansing method, please join us!

Cost:

Regular cost: 5,000 yen

Early bird to complete the registration including the payment by December 20 2017: 4,500 yen

Neti pot and tongue scraper are included in the cost. Those who bring own materials (neti pot and tongue scraper): 1000 yen reduction

**About the Instructor**

Kazuko Ikegawa has been practicing yoga since 2004 when she immigrated to Canada. Since 2011 Kazuko has been teaching yoga at more than five different locations in Japanese as well as in English. Her yoga style is for all-levels and for all age groups.

Currently under Swami Muktibodhananda Saraswati she is studying Hatha Yoga Pradipika and Kriya Yoga which must be taught only verbally from qualified Guru.

Also with Padma Yvonne Jaques, she is practicing regularly, not only asana, but also anatomy and philosophy. Yoga is my life practice through not just asana, but also every aspect of yoga.

Yoga Alliance 200 E-RYT Instructor

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.

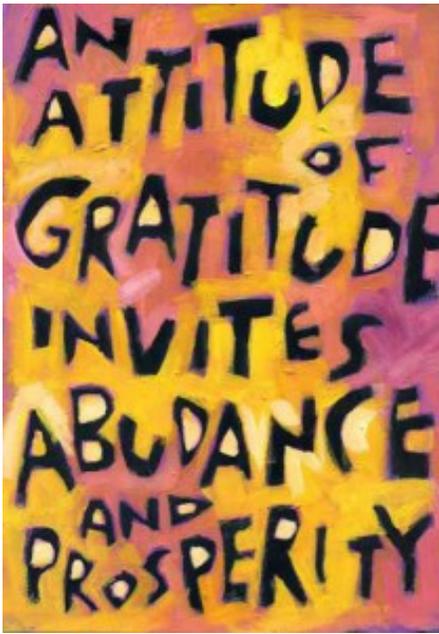
One week before an event, REGISTRATION CLOSES.

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 8, 2018 9:00am-4pm



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, 2017

Regular Cost: 20,000yen

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

Limit: 30 people

Japanese translation: Haruka Takahashi

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.

INTO THE FIRE: FREEING THE PAST & MOVING FORWARD

Start the New Year with a clean slate

Workshop with Leza Lowitz

Sunday January 7, 2:30-4:00pm



We all want to be happy and at peace. Many practices exist for us to cultivate compassion and well-being. We want to move forward, but to do that, we need to clear out past blockages and regrets. How do we purify past deeds with wisdom and self-compassion? The Sutra of the Great Lion's Roar Requested by Maitreya says: "The fool commits evil karmas and knows not to confess faults. The wise person purifies faults and dissociates from negative karmas." Come join us for a "letting go" practice to release past deeds and regrets, using an ancient Tibetan purification meditation. Then we will welcome the new year with a clean slate, cultivating a state of joy through meditation.

You will be given the practice to take home in a bilingual handout.

What to bring: paper, pen, and a willingness to let go of the past.

Cost: 3000 yen. Class tickets may be used.

Japanese Translation by: Hiromi Kitty Thompson

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.



Jump Start Your Mind and Body

Chakra Tune-up for the New Year

Lady Niguma Yoga with Leza Lowitz

Monday January 1, 2:30-4:30pm

A few spots available!

Start the new year with an inner tune-up created thousands of years ago by the first yogini. Lady Niguma's yoga series. It's the only written series created by a woman and one of the oldest known yoga series in the world.

Lady Niguma lived 1000 years ago (around 1000AD) in northeast India. Born to a high caste family, this beautiful, compassionate, elegant, and intelligent woman had it GOING ON! She was the spiritual partner and teacher of Naropa, a sage and monk. Recorded 1000 years ago, Lady Niguma's Yoga is a systematic opening of the seven chakras, or energy centres of the body—each corresponding to an emotional, physical and spiritual state. Lady Niguma described asana as a path to enlightenment: each twist, bend, bandha or retention has pure goals in the spirit and heart of the mind.

Niguma's yoga follows a set progression through the chakras, allowing prana to flow more easily into the central channel. The series is especially designed to free prana so you can be happy and at peace. This series is perfect for busy people who may not have a lot of free time: with practice the series can be finished in under an hour. This 2-hour workshop will jump-start your mind and body to get you set for the new year. Yoga practice, chanting, and discussion about the subtle body and its workings. Time for Q & A.

Cost: 3500 yen

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。

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.