

[Self-Care & Healing through the Art of Sound Meditation Workshop and Kirtan Concert with Daphne Tse, November 20](#)

[Sufi Dancing - Celebrating The Heart Of The Beloved, A workshop with Miles Maeda, November 19](#)

[Mindfulness = Awareness + Kindness workshop with Patrick Mitchell, November 13](#)

[20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz, November 2016](#)

[Special Screening: THE YOGA SUTRA Movie \(in English\) with Writer/Director Zorie Barber](#)

[Rolling Restorative Yoga Teacher Training Course \(TTC\) with Sara-Shivani \(for men & women\), September 24 & 25 2016](#)

[20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz in June](#)

[Presented by M Yoga Kanazawa: Weekend Mini Retreat with Leza Lowitz in Kanazawa, June 11 & 12 2016](#)

[FIND YOUR ELEMENT WORKSHOP with Leza Lowitz in Omotesando, June 8 2016](#)

[A Special Day with Daphne Tse: Nada Yoga Workshop, Restorative Yoga and Bhakti Yoga Workshop, May 6](#)

[GOLDEN WEEK STAYCATION with Leza and Em, May 3 & 4](#)

[Prosperity Through Practice: Cultivating Energy And Awareness For Abundance, A Workshop with Miles Maeda, March 26 2016](#)

[CHARITY EVENT - LIVE for Today with Leza Lowitz in Omotesando, March 8 2016](#)

[CHARITY EVENT - FIRE UP YOUR LIFE with Leza Lowitz, March 5 2016](#)

[Unraveling The Conditioned Self: How To Live Karma-Free with Miles Maeda, February 20 2016](#)

[20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz February 2016](#)

[ANNUAL ABUNDANCE FLOW WORKSHOP Creating Abundance: Opening to Flow A One-Day CRASH COURSE in Energy Flow and Manifesting with Leza Lowitz, January 11 2016](#)

Self-Care & Healing through the Art of Sound Meditation Workshop and Kirtan Concert with Daphne Tse, November 20 2016

WORKSHOP:

Self-Care & Healing through the Art of Sound Meditation with Daphne Tse

Sunday November 20 5:00pm-7:00pm



The human voice is one of our finest tools to express the heart and soul and to heal the body and spirit. Learn how to connect and balance your chakras through toning, sounding, and mindfulness meditation interwoven with mantra to activate and engage all parts of yourself. Daphne will guide us as we explore the energy body through the Yoga of Sound. She will offer diverse and dynamic ways of daily self-care to replenish and rejuvenate your body, mind and spirit. When your chakras are open and balanced, the energy flows freely throughout your whole being!

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

CONCERT:

Kirtan and Soulsongs concert with Daphne Tse & Friends

Sunday November 20 7:30pm-9:00pm



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 experience the power of healing mantra music. Open to all...no musical experience needed!

Cost: 3,500 yen

Japanese translation by Haruka Takahashi

About Daphne Tse:

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 *Samahita Live*.

www.daphne-tse.com

How to Apply: *Registration is closed.

If you are interested in attending this workshop and concert, 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.

Sufi Dancing - Celebrating The Heart Of The Beloved **A workshop with Miles Maeda**

Saturday November 19, 5:00-7:30pm



The path of the heart is traveled by many, and the expression of their love and devotion is unique and full of variety. They are on a spiritual journey and recognize that ultimately there is only one path, one source, one truth; but that it manifests in the world as a wide spectrum of traditions like one light shining through a prism resulting in a display of rainbow colors. We stir the heart and stoke the fire of longing through chanting, teachings, poetry, and of course dancing. Dancing opens the heart, calling down the divine qualities, spinning our centers into the real and true reality. We are lifted up to the Beloved and experience ourselves as Divine Being.

For those of you who missed this Summer's yoga retreat in Mitake mountain, here is a chance to discover and enjoy the practices and teachings of Sufism. And for those of you who did attend, join us to revisit the celebratory dances of universal peace. Let's be together and share the love and devotion that is the Sufi path. We will do Sufi Walking, chanting of mantra, poetry of Rumi and Kabir, and of course practice Murshid Sam's Dances of Universal Peace.



About the instructor

[Miles Maeda](#)

Workshop Cost: 3500yen

Translation provided by Sawa Takano

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.

Mindfulness = Awareness + Kindness workshop with Patrick Mitchell

Sunday November 13, 5:00pm-7:30pm

Fully Booked!



A simple formula for mindfulness is Awareness + Kindness. In this workshop we will explore mindfulness as a means to develop awareness of body sensation, thoughts, and emotions in the present moment, and kindness towards ourselves and others.

Practices include:

- mindfulness of breathing
- mindfulness of physical sensation (body scan)
- mindful walking
- mindful eating
- mindful yoga (gentle stretching as meditation)
- metta (lovingkindness meditation)

During each of these activities, we will gently investigate our inner experience as it unfolds from moment to moment. We may find this to be pleasant, unpleasant, or neutral. No matter what the experience is, we have the option of being present with it. Mindfulness is a kind of laboratory in which we see things as they are; we are not trying to achieve any particular state.

To access kindness we will feel into our heart center and check out any physical sensations, warmth or tenderness we find there. We will reinforce this “heartfulness” with a series of phrases that state our intentions to be healthy, happy, and peaceful. Finally, we will extend these compassionate feelings towards others. These silent moments of heart connection can be wholesome and powerful.

The intention of this workshop is to link and enliven awareness and kindness within us. These are qualities to integrate with all our activities, challenges, projects, and pleasures; as a way of being, mindfulness is always accessible and always applicable.



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).

He began teaching mindfulness meditation in Japan in 2009 and has since delivered workshops at American Chamber of Commerce in Japan, British Embassy in Tokyo, British Consulate-General Osaka, Credit Agricole Securities Asia, Hilton Worldwide (Legal Department), Tokyo English Lifeline (TELL), and many more. As an affiliate trainer for Human Dynamic Asia Pacific, he teaches corporate wellness workshops at major international companies.

Patrick studied Contemplative Education at Naropa University in Colorado, USA, receiving his M.A. in 2007. One of his long-range goals is to support the integration of mindfulness and other research-based methods for social-emotional learning into the Japanese education system.

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

Workshop cost: 3,500 yen

Japanese translation by Haruka Takahashi.
(The workshop is taught in English with the Japanese translation.)

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.

20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz at Sun and Moon Yoga in November 2016



November 2016

Thursday/Holiday November 3 9:00am-9:00pm (11hours + 1 hour lunch break)

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

Sunday November 6 5pm-9:30pm (4.5hrs)

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

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.

Regular price: 70,000yen

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.)

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 15 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.

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:

If you are interested in attending this training, hit [Contact](#) and send in a request with “RTTC NOVEMBER 2016” 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.

Special Screening: THE YOGA SUTRA Movie (in English) with Writer/Director Zorie Barber at Sun and Moon Yoga

Saturday, October 15 6:00-8:30pm

Doors open at 5:30pm

By Donation

Z-Lab Releasing, Zorie Barber and Sun and Moon Yoga are thrilled to share with our Tokyo friends a private screening of “The Yoga Sutra” movie, Zaire’s feature-length directorial debut. Shot on three continents and adapted from a popular novel, the story revolves around Friday, a young counter-culture spiritual seeker who is arrested on the Mexizona border. In jail, she teaches the backwater cops the ancient secrets of the Yoga Sutra and her own life is also transformed in the process.

“This film forces us to take a hard look at our reflexes, driving us to examine how our responses to subjects like violence, powerlessness, and sexuality are really personal reactions to situations” -Dr. Mark Cheng

There will be a Q and A with the director after the screening. We look forward to seeing you at the picture. While space is limited, please share with your like-minded and contrarian friends! This screening is also a fund-raiser to help support Japanese subtitled edition. Hope to see you there!

Zorie and Z-Lab and Sun and Moon Yoga

*For registration: [email](#) to Sun and Moon Yoga

[Official Trailer](#)

Rolling Restorative Yoga Teacher Training Course (TTC) with Sara-Shivani (for men & women)



Saturday September 24th, 17:00 - 22:00 (includes a 30 minute break)

Sunday September 25th, 17:00 - 22:00 (includes a 30 minute break)

Fully booked! Waiting list only.

Rolling Restorative (RR) Yoga - fuses the techniques of Myofascial Massage, Yin Yoga, Restorative Yoga and Pranayama. Using props (tennis and therapy balls, yoga blocks, bath towels,) and breath channeling techniques, we directly stimulate the body's connective tissue (fascia) and energy pathways (meridians) to release muscle tightness and muscle “knots” (trigger points).

Long held, static stretches (Yin Yoga) and gentle supported postures (Restorative Yoga) are great methods to relax and increase flexibility but these practices are often not enough to release tight knots in the body, relieve pain and optimise physical movement. A Rolling Restorative (RR) Yoga practice fills this gap by 1: applying pressure to specific trigger points, 2: rolling props along meridian lines 3: harnessing the power of breath techniques and 4: using visualisation meditations.

Benefits of RR Yoga include;

recovery of muscles, increased flexibility, pain & injury release, pain free movement, restoration of proper movement patterns, enhance physical performance, deeper experience of mind-body peace.

Who is RR Yoga for ?

RR Yoga is highly effective and can be used by people of all skill, fitness and yoga levels. It's especially useful for people with physical pain, high levels of mental stress, athletes, weight trainers, yoga students and teachers.



Who is the RR Yoga TTC for?

You will learn the theory & main anatomy of a RR Yoga practice, a general sequence that targets areas most people feel tension & pain (back pain, shoulder pain, neck pain, muscle tightness) along with specific breathing techniques, specific sequences to treat conditions and injuries (sciatica, knee injuries, RSI, pregnancy), advanced breathing techniques, how to design a RR Yoga class around specific themes & how to incorporate RR Yoga into other styles of Yoga classes.

This Teacher Training is bilingual and will be assisted by Yuki Yokota

Cost:

Early Bird Rate until August 24th: ¥35,000

Register after August August 24th: ¥40,000

Payment details will be sent upon registration

TTC Includes:

TTC Manual with Photos

Video assignment & written questioner guidelines

TTC Skype Follow Up Call (20-30 minutes)

WHAT TO BRING:

Props: Two tennis balls, bath towel, bottle (filled with water)

The studio has blocks, bolsters, yoga mats, eye pillows and you will be given a manual with photos and explanations.

* No recording is permitted but an official recording will be sent to you.



ABOUT THE INSTRUCTOR

Sara-”Shivani” (RYT) has 20 years’ expertise as a massage therapist, yoga practitioner and instructor with her formative training taking place in India, China and Japan (where she lived for over a decade). Shivani specialises in massage, movement, meditation and breathing exercises to treat back pain, asthma, fatigue, RSS, pre/postnatal conditioning, weight loss and women’s issues.

Over the last three years, Shivani has developed Rolling Restorative (RR) Yoga to help heal her own knee injury (due to running), arm and shoulder RSI (due to computer use and motherhood). She teaches RR Yoga with students and athletes in Australia and has witnessed impressive results. She is delighted to be able to bring this Yoga style to Japan.

Shivani is a Yoga Alliance Experienced Registered Teacher (E-RYT), Yoga Australia Level 2 Registered Teacher (YA-R2), the Co founder of the Women’s Yoga Institute (RYS) & a Relaxation Massage Therapist (Japan), creator of Venus Yoga and the online yoga courses BODY BLISS & SACRED BLISS.

How to Apply:

If you are interested in attending this training, hit [Contact](#) and send in a request with “RR TTC 2016” in the subject. Include your full NAME, ADDRESS, PHONE NUMBER.

If you wish to attend to TTC, PLEASE ANSWER THE FOLLOWING QUESTIONS BRIEFLY AND FROM THE HEART.

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2. PLEASE DETAIL YOUR YOGA TEACHING EXPERIENCE (HOW MANY YEARS, STYLE, WHERE, CERTIFICATION: SCHOOL NAME AND DATE OF GRADUATION/CERTIFICATION)
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5. PLEASE LIST ANY INJURIES OR MEDICAL CONDITIONS WE SHOULD KNOW ABOUT. (INCLUDING PREGNANCY)

Payment instructions will be sent upon receipt of your request. Early application is strongly suggested.

20-Hour Restorative Yoga Teacher Training Certification Course with Leza Lowitz at Sun and Moon Yoga in June 2016



June 2016 (Registration open)

Saturday June 18 4:30pm-9:30pm

Sunday June 19 4:30pm-9:30pm

Saturday June 25 4:30pm-9:30pm

Sunday June 26 4:30pm-9:30pm

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

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.

Regular price: 70,000yen

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.)

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What to Bring:

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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 is closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with “RTTC FEBRUARY 2016” 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 DETAL YOUR YOGA TEACHING EXPERIENCE (HOW MANY YEARS, STYLE, WHERE, CERTIFICATION: SCHOOL NAME AND DATE OF GRADUATION/CERTIFICATION)
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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.



Weekend Mini Retreat with Leza Lowitz Presented by M Yoga

Kanazawa

Come join the special immersion with Leza Lowitz in Kanazawa organized by M YOGA Kanazawa! A weekend in nature with the early summer breeze in Yuwaku, a historical spa area in Kanazawa, you nourish your spirit and body with yoga and community.

Saturday June 11 – Sunday June 12 Yuwaku Sosaku no Mori (Kanazawa-shi, Ishikawa)

You can choose the program to join and pay individually, or join all and get discount! Early registration is recommended. Early Bird discount will close at the end of April.

You can stay at the Yuwaku Sousaku no Mori at low cost if you wish!

Program:

Saturday June 11

- 10:00-11:30 Vinyasa Flow Yoga (3,000yen)
- 12:30-14:30 Dharma Talk (5,000yen)
- 15:00-17:00 Bonjin Summit (5,000yen)
- 17:30-19:00 Yoga: Zabuton Restorative Yoga (3,000yen)
- *All Saturday program: 14,000yen (Early Bird: 12,000yen)

Sunday June 12

- 9:30-16:30 Abundance Flow Workshop (Lunch included)
- 20,000yen (Early Bird: 15,000yen)
- Abundance Flow WS Repeater: 10,000yen

For both days: 32,000yen (Early Bird: 25,000yen)
For both days (Abundance Flow WS Repeater): 23,000yen (Early Bird: 21,000yen)

- *Early Bird discount if registration completed by April 30 2016.
- *For who joins the Bonjin Summit as a speaker, 1500yen discount from total.
- * Transportation is not included. Please arrange your own transportation to the venue.

If you wish to stay at Yuwaku Shizen no Mori:

- Single room: 2,500yen
- Shared room: 1,500yen
- * without meals



Program Details

- Vinyasa Flow Yoga with Leza Lowitz

A free-flowing blend of dynamic and alignment-based hatha yoga, combining breath and movement with a variety of sequences of postures. Vinyasa is often translated as “flow” and is a popular and relatively new form of Hatha Yoga. The concept of “flow” also pertains to the breath, as the flow is guided by the rhythm of the inhalation and exhalation, coordinating each movement with each breath. In this way, the body/mind/spirit are yoked in a dynamic interplay of breath and movement, stillness and motion. Prepare to sweat, have fun, and grow!

Level 1-3, for who practice yoga over 6 months.

- Dharma Talk (with the Japanese translation by Haruka Takahashi)

1: GET HAPPY with THE SIX PERFECTIONS

The six paramitas (or perfections) of Mahayana Buddhism are taken from the Lotus Sutra. These “Six Perfections” are innate human qualities that form a blueprint for living a virtuous life and transcending one’s karma. In modern terms, they are a map to happiness.

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. The six paramitas can form the underlying inquiry of your spiritual practice. They also parallel the Yamas and Niyamas of the Yoga Sutra. How can we use this ancient wisdom in modern times?

This workshop will give an in-depth look at these six treasures and concrete ways to use them to live a happier, more meaningful life.

2. Four Powers - Self-Purification Practice -

We all want to be happy and at peace. Many practices exist for us to cultivate compassion and well-being. But 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.” The Four Powers offer a valuable purification practice to clear away negativity and set us on a path of balance.

- Bonjin summit with Leza Lowitz!

Bonjin (ordinary people) summit is a new type of event where participants talk about their lives in turn and listeners share comments and thoughts. In this event Leza, and other participants will share their experiences and open the floor for free discussion and sharing.

Fact is stranger than fiction! There are so many stories in ordinary life. By listening to each other, we might feel empathy and remember our own past experiences, and learn from others. It’ll be a time to cultivate sympathy, resilience, humanity, and simply, a time to listen, talk, hear and be heard, support each other and enjoy!

- Restorative Yoga with Zabuton

We will utilize the Zabuton (the Japanese flat cushion) to do Restorative Yoga.

This class focuses on releasing deep tension and restoring energy and balance through a series of simple, supported Hatha yoga postures held for longer periods of time. Drop into a deeply relaxing space by letting go of tension in these fully supported and restorative postures to help you regain the equilibrium of your body/spirit and allow deep surrender and incredible opening.

Perfect for beginners and those recovering from injuries. All levels of students are welcome.

- Abundance Flow Workshop, Creating Abundance: Opening to Flow

(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.

Registration: *Registration is closed.

You can choose the program to join and pay individually or join all and get discount!

If you are interested in attending the program, send in a request to info@kanazawa-yoga.com, with the subject "Kanazawa Immersion with Leza Lowitz".

Include:

- Your full NAME

- ADDRESS

- PHONE NUMBER

- PROGRAM/WORKSHOP NAME (1 day, 2 days or individual workshop name that you wish to attend.)

* If you wish to attend individual workshop, please include each workshop name.

* If you wish to be a speaker at the Bonjin Summit, please include your request.

* If you are a Abundance Flow Workshop Repeater (including the ones at Sun and Moon Yoga Tokyo), please include when and where you took.

* If you wish to stay at Yuwaku Shizen no Mori, please specify single room or shared room.
Early application is strongly suggested!



FIND YOUR ELEMENT WORKSHOP “Transcending and Transforming Regrets into Positive Action” with Leza Lowitz in Omotesando

Wednesday June 8 2016

7:30pm-9:00pm

Concept Studio Veda (Omotesando)

[Map](#)

“Transcending and Transforming Regrets into Positive Action”

Leza will deliver a 90-minute Workshop on “Transcending & Transforming Regrets into Positive Action.” She will also be sharing her wisdom on our universal need to be happy and at peace, as well as various practices which cultivate compassion and well-being. Join Leza to meet your regrets head-on, practice forgiveness, and move forward by clearing away your negativity. Special meditation included.

Details: Find Your Element Workshop [Website](#)

Fee: 4,000yen (20% discount to FEW, TIPP Members)



About the speaker: Leza Lowitz is an award-winning author, yoga studio owner, yogini and mother. She’s published over 20 books, has run her own yoga studio for 13 years (Sun and Moon Yoga, Tokyo) and is parenting a bicultural teenage boy. She knows the power of yoga, meditation and the nurturing potential of creativity, and loves to share these practices with everyone from businesspeople to housewives to models Academy-award winning actors and directors to everyone in between. Visit her at: www.lezalowitz.com and www.sunandmoon.jp

Contact:

Please write to Find Your Element at [info \(at\) inframince.co.jp](mailto:info@inframince.co.jp) with “INSPIRATIONAL SPEAKERS SERIES/Leza Lowitz” in the subject line or through their [contact page](#), including your full name and phone number.



A Special Day with Daphne Tse, Friday May 6

Come join this very special and unique occasion to immerse yourself in the healing and inspiring sounds with Daphne!

You can join one or two workshops, or all three!

Nada Yoga - Opening Your Voice & Soul Song

Friday May 6, 2:00-4:00

Registration closed!

Come explore your authentic voice and the healing power of music. Learn how to connect and balance your body, mind and spirit through toning and sounding (making sustained vibratory sounds without melody, rhythm or words) to activate and engage all parts of yourself. Daphne will offer tools and techniques for opening your voice through exploring the vowel sounds, elements and colors that coincide with each part of your body. She will share a combination of Soulsongs and chants taken from a variety of cultural traditions from around the world. The sound of your own voice is the most healing medicine for your mind, body and soul. All are welcome. No musical background needed.

Limit: 22 people

A Special Restorative Yoga Class with Daphne Tse

Friday May 6, 5:00-6:30

Registration closed.

Open your body and mind with the healing sounds created by Daphne. The sound helps you to release your tension and stress. Feel the power of sounds!

Limit: 18 people



Bhakti Yoga: Exploring the Goddesses through kirtan

Friday May 6, 7:30-9:30

Registration closed!

Join Daphne as we immerse ourselves in bhakti yoga through the practice of contemporary kirtan. Kirtan calls upon sacred energies, which serve to quiet the mind, remove obstacles, and bring us back to the centers of our

being. In this workshop we will focus on the energies of Goddesses from a variety of cultures and how they relate to our yoga practice.

From Asia to the Americas, Europe and beyond, we will experience the power of the healing mantras of the Goddesses including, Saraswati, Tara, Quan Yin, Mary, Durga, Lakshmi and more. All are welcome. No musical background needed.

Limit: 35 people

Cost

Nada Yoga Workshop: 3,500 yen

Restorative Yoga Class: 3,000yen

Bhakti Yoga Workshop: 3,500yen

Discount for all 2 workshops and Restorative Class: 9,000yen

Sun and Moon Class cards can be used:

Workshop: 1 check on 4-class card plus 1,000yen, 2 checks on 10-class card or 3 checks on 20-class pass plus 500yen.

Restorative Yoga: 1 check on 4-class card plus 500yen, 1 checks on 10-class card plus 1,200yen or 3 checks on 20-class pass.



Daphne Tse

daphnetse.com

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 recently released her 2nd solo album, Finding Water.

Daphne has been teaching yoga since 2004 after completing her foundational teacher training in Venice, CA. Initially specialising 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 Korea for the first time with grace and joy for living life fully.

Fields of Teaching: Nada Yoga, Kirtan, Movement Meditation

Classes in English with the Japanese translation by 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 (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

Tuesday May 3 - Wednesday 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

1.00-2.00 Vegetarian Lunch

2:30-4:30 Dharma Talk with Leza (Day1: GET HAPPY with THE SIX PERFECTIONS, Day 2: MOVING THROUGH REGRETS)

5:00-7:00 Restorative Yoga with Leza

Dharma Talk with Leza:

Day 1: GET HAPPY with THE SIX PERFECTIONS

The six paramitas (or perfections) of Mahayana Buddhism are taken from the Lotus Sutra. These “Six Perfections” are innate human qualities that form a blueprint for living a virtuous life and transcending one’s karma. In modern terms, they are a map to happiness.

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. The six paramitas can form the underlying inquiry of your spiritual practice. They also parallel the Yamas and Niyamas of the Yoga Sutra. How can we use this ancient wisdom in modern times?

This workshop will give an in-depth look at these six treasures and concrete ways to use them to live a happier, more meaningful life.

Day 2: MOVING THROUGH REGRETS

Are you ready to take the next step in your life, but something seems to hold you back?

Perhaps you are holding onto past regrets, even unconsciously. In order to go forward, the path needs to be clear. Sometimes we're our own worst enemies. Why? How do we change these habits?

You blast through your own obstacles and make the most of your life with a powerful, concrete process from Tibetan Buddhism. This practice will help you move through regrets and enter the next stage of your life with power and purpose.

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 15 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: 25,000yen for both days or 15,000 yen per day.

Lunch included in fee.

Mats and props available at the studio.

Priority is given to those who enroll in both days.

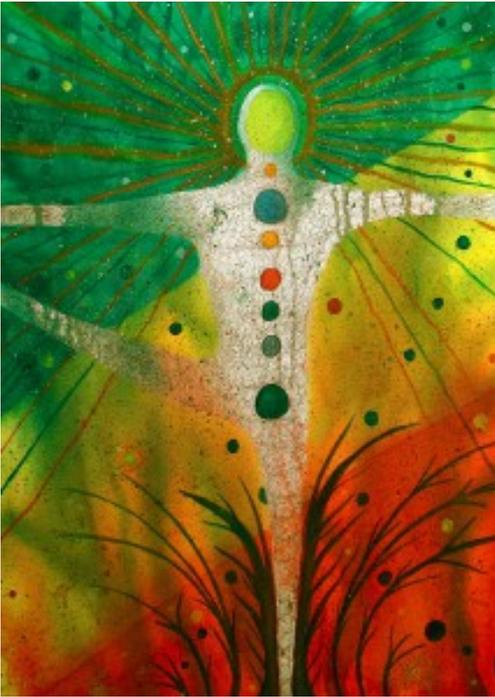
Translator: Haruka Takahashi (in the Dharma Talk workshops)

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.



Prosperity Through Practice: Cultivating Energy And Awareness

For Abundance

A Workshop with Miles Maeda at Sun and Moon Yoga, Gotanda

Saturday March 26th, 5:00-7:30 pm

Japanese Translation by Sawano Takano

*This workshop is a lecture.

When we think of prosperity and abundance, we mostly think of money. But if we examine this idea, at its root is actually energy/prana/ki. And when we look even closer, we see that this energy is all-pervading and naturally abundant. So if we indeed want to live a life of prosperity and abundance, the first step is to understand this simple truth and to develop habits that support this reality within and without.

We have the potential to build and store vast amounts of energy if we are aware of our work, what we create, and how we manage it. Our bodies are containers of energy. So prosperity comes when we can strengthen our container, build the energy we store in it, and finally circulate that energy in our body and in our lives. The inner moves toward the outer, so as we develop this ability within, we experience the results as increased resources like money as well as opportunity.

In this workshop, we will examine our attitudes to discover and clear any obstacles that stand in our way of prosperity. We will learn simple exercises to create a supportive inner and outer environment where we can build, store and circulate energy and develop necessary awareness for abundance. In the end, we realize that we can practice and eventually stabilize our activity, our mind, our awareness and live effortlessly a life of prosperity and abundance.



About the instructor

[Miles Maeda](#)

Workshop cost: 3,500 yen

Sun and Moon Class cards can be used: 1 check on 4-class card plus 1,500yen, 2 checks on 10-class card or 3 checks on 20-class pass plus 500yen.

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 (this may not be the case if the registration is within 3 weeks to the workshop.) Early application is strongly suggested.



CHARITY EVENT - Live for Today with Leza Lowitz

Tuesday, March 8

1:00-3:00pm

Concept Studio Veda (Omotesando)

[Map](#)

Join us for an inspiring talk about Hope and Resilience to commemorate the fifth anniversary of the 2011 Great East Japan Earthquake and Tsunami with Leza Lowitz.

Leza will guide us in a simple meditation and breath work, then share her journey, describing how she found her element and offering tips to help you find yours.

Fee: By Donation.

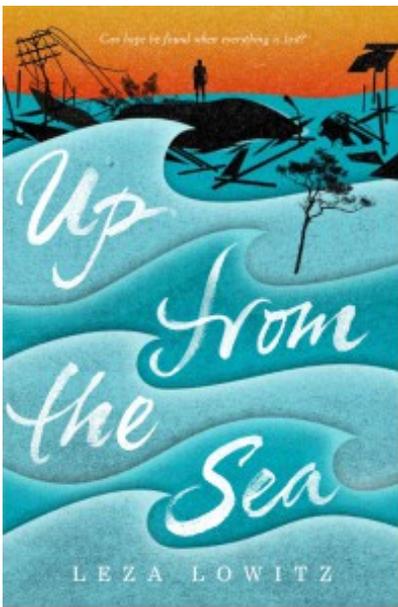
All proceeds go to [SAVE MINAMISOMA PROJECT](#). Save Minamisoma Project is devoted to helping residents in temporary housing units who lost their houses to the tsunami and due to evacuation from proximity to Fukushima.



About the speaker: Leza Lowitz is an award-winning author, yoga studio owner, yogini and mother. She's published over 20 books, has run her own yoga studio for 13 years (Sun and Moon Yoga, Tokyo) and is parenting a bicultural teenage boy. She knows the power of yoga, meditation and the nurturing potential of creativity, and loves to share these practices with everyone from businesspeople to housewives to models Academy-award winning actors and directors to everyone in between. Visit her at: www.lezalowitz.com and www.sunandmoon.jp

Contact: *The registration to this event is closed.

Please write to Find Your Element at [info \(at\) inframince.co.jp](mailto:info@inframince.co.jp) with "311 Charity Event" in the subject line, including your full name and phone number.



FIRE UP YOUR LIFE with Leza Lowitz

Saturday, March 5

5:30-7:30pm (The time changed!)

Sun and Moon Yoga, Gotanda

Book Launch and Celebration of Life

Fire up your life with this inspirational talk by multi-award-winning writer and yoga instructor Leza Lowitz, who will discuss how she silenced the inner and outer critics to pursue her passion, sometimes against great odds. Lowitz will illustrate how with hope and resilience we can transcend our limitations and be of service to others, even in the darkest of times. Celebrate the launch of Leza's new novel, *Up from the Sea*, about the 3-11 tsunami—which the *Japan Times* called "A powerful, deeply moving book"—and come together for charity in community.

PLUS: Special meditation to help you live more fully in the moment, every day.

Lecture in English

Translation by Haruka Takahashi

COST: Free.

Books will be available for sale for 2000 yen each. A portion of book sales will be donated to [Hope for Tomorrow](#), which provides educational support grants to high school students in Fukushima, Miyagi, and Iwate prefectures.



About the speaker: **Leza Lowitz** is an award-winning author, yoga studio owner, yogini and mother. She's published over 20 books, has run her own yoga studio for 13 years (Sun and Moon Yoga, Tokyo) and is parenting a bicultural teenage boy. She knows the power of yoga, meditation and the nurturing potential of creativity, and loves to share these practices with everyone from businesspeople to housewives to models Academy-award winning actors and directors to everyone in between. Visit her at: www.lezalowitz.com and www.sunandmoon.jp

RSVP necessary to [Sun and Moon Yoga](#).

Limit: 40 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.



Unraveling The Conditioned Self: How To Live Karma-Free

A Workshop with Miles Maeda

Saturday February 20, 5:00-7:30pm

Japanese Translation by Sawano Takano

*This workshop is a lecture.

Let's ask ourselves this one question, "Do I make choices in my life based on my fears and worries, or do I make choices out of love and inspiration?" This is one of the most important and powerful ways to see our conditioned self. And if we want to unravel the complex mental and emotional web inside of us in order to make healthy and supportive changes in our lives, we must see clearly if our foundation is one of love or fear.

So what does it mean to be karma-free? What is karma and why would we want to be free of it? Karma is the law of cause and effect, the wheel of existence, good and bad, life and death. Some say it is the cycle of suffering which is never-ending until we become aware enough to see that we are in it. Life provides many opportunities to grow and evolve out of our conditioned self. When we learn these lessons and stop making new karma, we free ourselves from this cyclical existence. We free ourselves of problems, our suffering.

In this workshop we will look at a very simple teaching showing us that karma is finite, and the simple tool to completing it is an open state and the attitude of 'yes'. We will learn practical exercises (pranayama and meditation) to prepare the mind and body, developing awareness of our inner condition, feeling the confidence that we can make choices based on love. When we begin this journey, we will see for ourselves the beauty, the magic, the adventure that is life and how it radiates from the magnificent light of our true nature.



About the instructor

[Miles Maeda](#)

Workshop cost: 3,500 yen

Sun and Moon Class cards can be used: 1 check on 4-class card plus 1,500yen, 2 checks on 10-class card or 3 checks on 20-class pass plus 500yen.

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 2016



February 2016 (Fully booked)

Thursday February 11 (National Holiday) 9am-4:30pm (6.5hrs + 1hr lunch time)

Friday February 12 5pm-9:30pm (4.5hrs)

Saturday February 13 5pm-9:30pm (4.5hrs)

Sunday February 14 5pm-9:30pm (4.5hrs)

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

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.

Regular price: 70,000yen

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.)

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 15 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.

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: *This registration is closed.

If you are interested in attending this training, hit [Contact](#) and send in a request with “RTTC FEBRUARY 2016” 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 DETAL 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. Early application is strongly suggested.
One week before an event, REGISTRATION CLOSES.

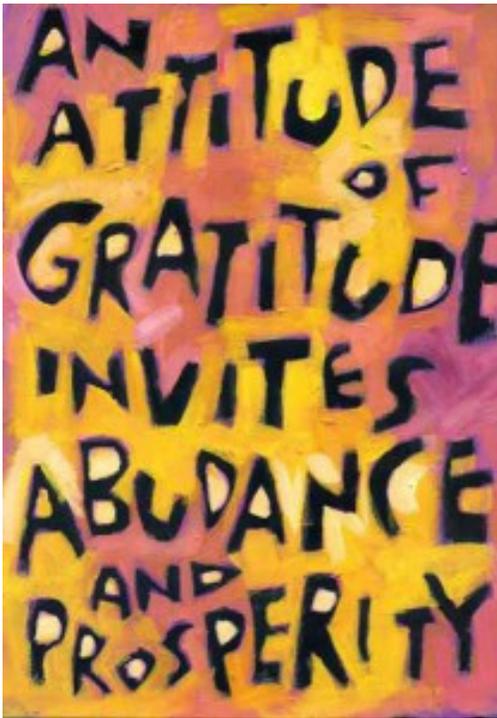
ANNUAL ABUNDANCE FLOW WORKSHOP

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 11, 2016 9:00am-4pm

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 completed by December 25, 2015.

Regular Cost: 20,000yen

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

Limit: 35 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.