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## **MINDFULNESS IMMERSION**

### **20-hour Immersion with Leza Lowitz**

**at Sun and Moon Yoga, Tokyo**



What is Mindfulness? It's often defined as present-moment awareness of thoughts, emotions, body sensations and surroundings through a gentle lens.

What is the practice of mindfulness? Paying attention to our thoughts, feelings and physical sensations without judgement—without labelling them “right” or “wrong.” Tuning into the present moment just as it is—not rehashing the past nor fantasizing about the future. Just here and now.

Why do we practice mindfulness? To hold all that is arising in this moment in a loving awareness that nurtures and allows. In this way, mindfulness becomes heartfulness, and we become more friendly with our inner worlds and less reactive to the outer world. We can reduce stress and, according to neuroscience, we can amplify a sense of contentment and happiness.

With roots in the Buddhist tradition, mindfulness has entered the mainstream in recent years. Scientific studies have documented the physical and mental health benefits of mindfulness and mindfulness-based stress reduction, which has been used in schools, prisons, hospitals, veteran's centers, corporate settings, and more.

This 6-week course offers a thorough investigation of mindfulness and heartfulness from a theoretical, practical and experiential point of view. You will explore the power of mindfulness and compassion in your life, learning valuable practices to carry with you to help you find ease, comfort and happiness.

*“When I practiced Metta meditation for the first time, with Leza-Sensei, I experienced the feeling that my heart chakra had opened. I felt my heart center getting warmer, and tears came my eyes. Since then, I have attended her meditation classes many, many times. I had previously thought that meditation practice was difficult, but this was incorrect. Whenever I take Leza’s workshops, her guidance always brings to mind the feeling I had the very first time. She brings this warm, open feeling to everyone at any moment.” –Yukie, Hula Teacher/Studio Owner*

*“Achieving the right fit with a yoga studio is something like finding a life partner, especially when it comes to mindfulness and meditation, where we all have to face ourselves, deeply and openly. In addition to their teaching of skills (physical and mental), I care about a teacher’s personality, values, and life perspectives, as well as the warmth of their community. Leza and Sun and Moon Yoga Studio shine in all of these areas, and her course is one of a few that I would highly recommend for learning mindfulness and meditation.” –Dr. Hana Hayashi, Behavioural Scientist, (500 hour advanced teacher training certificate holder)*

### **Schedule**

Sunday February 9, 2:30-5:30pm (3 hrs)

Sunday February 23, 4:30-7:30pm (3 hrs)

Monday/Holiday February 24, 11:00-4:30pm (5.5 hours)

Sunday March 1, 2:30-5:30pm (3 hrs)

Friday March 20, 11:00-4:30pm (5.5 hours)

### **Course Contents:**

#### **Class One:**

- Why Meditate? Mindful Presence
- The value of mindfulness and compassion in your life
- The power of inner training and how neuroscience supports this
- Beginning to practice
- Presence of body and senses
- Presence with others
- Q & A

#### **Class Two:**

- Mindfulness of the Breath
- The art of steadying attention
- Why mindfulness of breathing?
- Common initial difficulties
- Using other anchors
- Q & A

#### **Class Three:**

- Mindfulness of the Body
- Body Scan
- Standing and Walking Meditation
- Review of Basic Practices
- Q & A

#### **Class Four:**

- Cultivation Practices:
- Metta (Lovingkindness) Meditation (Compassion for Self and Others)
- Tonglen Meditation
- Q & A

#### **Class Five:**

- Mindfulness of Feelings and Emotions
- Working with Difficult Emotions
- Mindfulness of Thoughts and the Mind
- RAIN Practice for Places we are Stuck
- Q & A

#### **Class Six**

- Hindrances to Practice
- Forgiveness of Self and Others Practice

- Review of Practices
- Embodiment and Daily Practice
- Q & A

**This course is open to:**

- Those who want to deepen their meditation practice
- Those who want to learn more about meditation
- Teachers who want to incorporate meditation into yoga classes
- Those who want to be able to lead meditation some day

※ No prior meditation practice necessary; and experienced meditators are welcome.

**What do bring**

- Writing implements
- Clothes that are easy to move around in.
- Small towel

**Cost:** 80,000 yen. 70,000 yen earlybird Registration completed by December 1.

**Translator::** [Yoriko Matsumoto](#)

A certificate of completion will be issued to those who have attended and successfully completed all sessions.

**About the Instructor:**



**Leza Lowitz, M.A.** is the founder and sole proprietor of Sun and Moon Yoga, Tokyo, which she established in 2003. She has been practicing mindfulness and meditation for forty years, and has had a regular daily practice that entire time. She completed a 7-year intensive Tibetan Buddhist Meditation program in 2012, including many long-term silent retreats. She is currently enrolled in a 2-year Mindfulness Meditation Teacher Certification Program with Jack Kornfield and Tara Brach through SoundsTrue, mentored by Anne Cushman.

Leza's passion is to share these ancient practices with a contemporary, heartfelt and authentic approach. She has shared mindfulness, meditation, yoga and self-transformation with thousands of students around the world.

**How to Apply:** \*Registration closed.

If you are interested in attending this training, send in a request to [info\(at\)sunandmoon.jp](mailto:info@sunandmoon.jp) 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. What drew you to taking this course?
2. Do you currently have a meditation practice?
3. If so, describe your meditation practice.
4. What would you like to learn through this course?
5. Any injuries or conditions we should know about?

Payment instructions will be sent upon receipt of your request. Please complete your payment within 2 weeks from the instructions. Advanced payment is required except by prior advance agreement. Early application is strongly suggested.

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## Step up Your Yoga Teaching Skills The Magic of Good Teacher with Leza Lowitz

Saturday February 29 2:30-8:30pm  
at Sun and Moon Yoga



### WHO:

Are you a yoga teacher who has completed a 200-hour teacher training but feel you still need more knowledge, inspiration, confidence, experience, artistry and skill? Are you looking for ways to tap into your own gifts and find your voice? If so, join us for a deep dive into the yogic and wisdom traditions that will explore the meaning and application of key concepts in both traditions through lectures, self-reflection and inquiry, guided meditations and asana practices that will inspire your practice and change your approach to teaching and sharing yoga.

### WHAT:

How do you find—or become—a good teacher? What qualities constitute a good teacher? What qualities constitute becoming—and staying—a good teacher? What qualities constitute a good student?

In this special workshop, we will look at the meaning of the teacher, in both ancient wisdom texts written thousands of years ago and in our contemporary experience. We will practice guided meditation, self-reflection, journaling, partner work, and asana. You will understand some of the qualities of a skilful teacher, and how to cultivate them in yourself. You will look at your own strengths and weaknesses, and develop an action plan for continued study and improvement.

### WHY:

After completing this course, students will better understand the roles of student and teacher, the classical and contemporary qualities of a good teacher, the ethical and practical problems and challenges of the teacher-student relationship, and ways to cultivate the positive qualities of both student and teacher in themselves. These tools for your teacher's toolbox are important, practical, surprising and valuable. Though they might be ancient, they are even more relevant and powerful today when getting a yoga teaching certificate is all too easy, but gaining the wisdom, experience and skill to be a good teacher requires more.

This course is open to yoga teachers and students alike. Minimum 2 years of yoga practice required.

### About the Instructor:



**Leza Lowitz, M.A.** is the founder and sole proprietor of Sun and Moon Yoga, Tokyo, which she established in 2003. She has been practicing mindfulness and meditation for forty years, and

has had a regular daily practice that entire time. She completed a 7-year intensive Tibetan Buddhist Meditation program in 2012, including many long-term silent retreats. She is currently enrolled in a 2-year Mindfulness Meditation Teacher Certification Program with Jack Kornfield and Tara Brach through SoundsTrue, mentored by Anne Cushman.

Leza's passion is to share these ancient practices with a contemporary, heartfelt and authentic approach. She has shared mindfulness, meditation, yoga and self-transformation with thousands of students around the world.

**Translator**

[Hiromi Kitty Thompson](#)

**Cost:** 25,000 yen

Early Bird Special by February 10–20,000 yen

**To Register** \*Registration closed.

If you are interested in attending this training, send in a request to [info@sunandmoon.jp](mailto:info@sunandmoon.jp) 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. 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. Advanced payment is required except by prior advance agreement. Early application is strongly suggested.



**Sun and Moon Academy Presents**

**Finding Yourself at A Zen Temple:**

**Cultural translator Tomo Yoshizawa in conversation with Leza Lowitz, Owner of Sun and Moon Yoga, Tokyo**

**with a Special Mini Exhibition: Suibokuga Art by Akiko Tanimoto**

**Saturday, January 25, 5:30-7:00pm  
at Sun and Moon Yoga**

**DROP-INS WELCOME!!**

[This event will be a charity event. Donation is going to support people doing the actual work to help affected animals, people and nature from the bushfire through Yoga for Australia.](#)



Have you ever wanted to meditate at a Zen temple?

Have you wondered what the experience is really like?

Join Tomo Yoshizawa, translator of Leza Lowitz's memoir "In Search of the Sun," who will talk about her experience at Daitokuji Ryokoin temple, where she lived for 3 months. Tomo considers herself a "Cultural Translator" who bridges cultures and generations. She comes from a family of traditional Japanese craftspeople—her grandfather is designated a "Living National Treasure" for his tsumugi pongee silk weaving. After working for the Tokyo Government as a Cultural Public Relations officer, Tomo went to the temple in Kyoto. She will share her experience of everyday life at the temple, self-learning experience through daily work such as cleaning and cooking, and learning through contemplation, and conversation with Osho-san, the Abbot there.

Lowitz will also reflect on some life-changing events, as well as her recent decision to move to America after almost two decades in Japan. We hope you will join us in this conversation about the sometimes twisted road of finding your own path.

Also we have a Special Mini Exhibition of Suibokuga Artist, Akiko Tanimoto, who created her own style combining suibokuga and yoga. She has worked with Tomo and Leza on "Watashi no Mitsukekata" series on Asahi Shimbun Digital with her art works.

Admission: FREE/DONATION FOR YOGA in AUSTRALIA to help those affected by the bush fires.  
(Suggested 1000 yen as minimum.)

Donation goes to:

[Koalas In Care Inc.](#)

[St. Vincent de Paul Society](#)

[Animals Australia](#)

This event will be in English and Japanese.

### **About Sun and Moon Academy:**

#### **MISSION**

Sun and Moon Academy is a new offshoot of Sun and Moon Yoga, a yoga/healing studio opened in 2003. Our mission: to be a safe, inclusive, and accessible community space that connects individuals through the Five I's—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.

#### **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.”



**“Breath-n-Brush” by Akiko Tanimoto**

### **Suibokuga (Ink Brush Painting) Mini Exhibition**

We are delighted to host a Special Mini Exhibition of Suibokuga Artist, Akiko Tanimoto, who created her own style combining suibokuga and yoga. She has worked with Tomo and Leza on “Watashi no Mitsukekata” series on Asahi Shimbun Digital with her art works.

### **Akiko Tanimoto**

Suibokuga Artist

In 2002, Akiko discovered the suibokuga (Ink brush painting) of Tohun Kobayashi, and began studying under him. That year, she also began her life-changing journey of yoga at Sun & Moon, and eventually she created her own style combining suibokuga and yoga. In 2011, she made her debut as a book illustrator with Yoga Heart: Lines on the SixPerfections by Leza Lowitz. Akiko’s work is based on her original concept of Breath-n-Brush. She uses ink and brush to express the breathing of the body on Japanese paper. Her many years of experience as a Japanese language teacher have deepened her knowledge of Japanese culture, and fostered diverse and flexible thinking. This mind-set has helped create her work. She has held solo exhibitions in Japan (Kichijoji, Ginza, Nasu, etc), and abroad (New York City). Her work also appears in magazines and on the internet. She continues to teach Japanese and ink brush painting workshops. Please visit her website - [Ake no Ithori](#), Instagram - (@breathandbrush) and Facebook (@akenoihori).

### **How to Apply: \*Registration closed.**

If you are interested in attending this workshop, send in a request to [info@sunandmoon.jp](mailto:info@sunandmoon.jp) 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. Advanced payment is required except by prior advance agreement. Early application is strongly suggested.

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### **Inner Child Metta Meditation & Restorative Yoga with Leza Lowitz**

**Saturday January 18, 2:30pm-4:00pm**

**FULLY BOOKED! WAITING LIST ONLY.**



The Dalai Lama said, “If you want others to be happy, practice compassion. If you want to be happy, practice compassion.” Compassion is the highest form of yoga. In this workshop, we will practice a set of relaxing restorative yoga poses to nurture yourself and “recharge your battery.

We will also 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 with a focus on compassion towards self through inner child metta, partner practice and discussion.

Beginners to experienced meditators welcome.

#### **About the instructor**

[Leza Lowitz](#)

Donation: 3,000 yen

Japanese translation: Toshiko Yanagihara

#### **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.)*

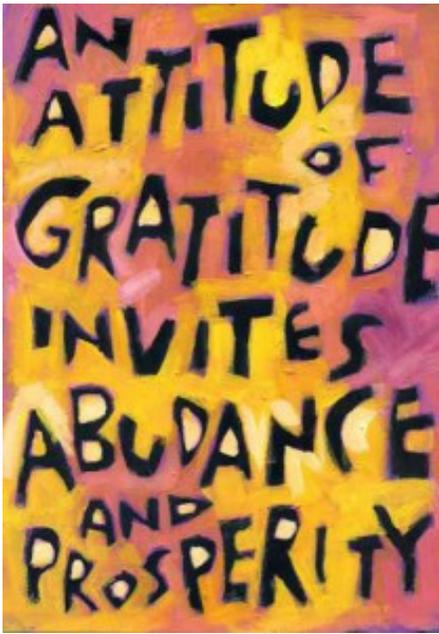
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#### **ANNUAL ABUNDANCE FLOW WORKSHOP**

**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 13, 2020 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, 2019**

**Regular Cost:** 20,000yen

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

**Limit:** 30 people

Japanese translation: [Hiromi Kitty Thompson](#)

**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, 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. Advanced payment is required except by prior advance agreement. Early application is strongly suggested.