

“Walking the Rainbow Bridge”
An Anusara® Yoga Workshop with Jayendra Hanley
10–11 March 2012 in Montreux Switzerland



Jayendra has studied and practiced hatha yoga and meditation for over 30 years, the last 20 with the founder of Anusara yoga, John Friend. Currently living in Holland, he offers weekend workshops, weeklong retreats, and 2-year teacher training programs to dedicated Anusara yoga students throughout Europe. Students enjoy the clarity and depth of his instructions and his light, fun style.

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Anusara philosophy begins with a vision of Oneness in diversity: one universal spirit chooses, in Her freedom, to become the whole universe in all its beautiful forms. A Tantric image that helps us to understand this creative process is the “Rainbow Bridge”. When white light passes through a crystal, it becomes a beautiful rainbow, the full spectrum of light. Each color retains its essence as the one Light, and at the same time, shines its individual beauty into the world. In this workshop, we will practice the vision of Oneness AND celebrating our own unique expression of the One.

Saturday 10 -12:30: “Earth and Sky” are the most subtle and most dense of the elements in nature. We’ll begin exploring all the colors of the rainbow, all elements of ourselves, by focusing on these complementary opposites while doing a practice of Surya Namaskar, standing poses, and inversions.

Saturday 14:30 – 17:00: “The Chakras” are a very rich and profound way to explore all the colors of the rainbow. In this class, we’ll see the relation of the chakras to the 5 elements of nature and the Universal Principles of Alignment of Anusara Yoga. A deep hip-opening practice with pranayama and meditation.

Sunday AM 10-12:30: “Walking the Rainbow Bridge” is a full-spectrum class of blissful backbends that will open our hearts to the wonder and delight in all of the world.

Mixed Level Workshop: all yoga students are warmly invited.

Cost: 65 CHF per session; 150 CHF for all three

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To reserve a space, contact Julie at info@studio88yoga.ch or 079 507 0994.