Eddie Stern is a yoga teacher, lecturer, and author raised in NYC. He studied Ashtanga Yoga, chanting and ritual under Sri K Pattabhi Jois from 1991 until 2009, and continues to study under Paramaguru Sharath Jois. He is the co-founder of Ashtanga Yoga New York, the Broome Street Temple, and Namarupa Magazine. Eddie works extensively in bringing yoga and wellness programs to under-served populations in public schools, and in disadvantaged neighborhoods to reduce incidences of gun and other violence. He is the creator of the Breathing App, available this October on iTunes App Store, and his newest book, *The Little Beginner’s Book of Yoga*, will be released by North Point Press in the spring of 2018.

**Dates:** 20th to 23rd October 2017

**Location:** Bikram Yoga Rio, Rua Barata Ribeiro, 655 - Loja E, Copacabana – Rio de Janeiro – RJ

**Schedule:**

**Friday, Oct 20th, 6pm Ganesh Puja – 6pm**

We will inaugurate this workshop with a special ceremony to honor Ganesh, the Hindu deity who is the remover of obstacles, and the giver of success for all new undertakings. This ceremony creates a feeling of joy and enthusiasm, and creates a special sense of community. Explanations will be given as we go through the steps of the ceremony, which will include group chanting and other offerings. Please wear clean, festive clothing, and bring fresh fruits, nuts, or flowers, which we will offer to Ganesh during the ritual.

(the location will be informed at the beginning of October)

**21st Oct- Saturday**

            **8am to 9:30am** – Guided Class – Primary Series – Group 1

           **9:30am to 11am** - Guided Class – Primary Series – Group 2(option for beginners)

 **12pm to 2pm - Lecture: The Life of Guruji and the Development of Ashtanga Yoga**

Sri K. Pattabhi Jois started his life in a tiny village in south India, to a family who considered that he would grow up to work on the land and take care of the cows. Instead, he ran away to Mysore to fulfill his dream of going to the Sanskrit college, and ended up under the patronage of the Maharaja, and eventually went on to create one of the most influential yoga practices known today. In this talk and slideshow, we will look at the amazing life of Guruji, and how Ashtanga Yoga developed from 1927 when he first met Krishnamacharya, to how he systematized it in 1937, and passed it on to us in the same form it is today.

**22nd Oct - Sunday**

            **8am to 11am** – Mysore Practice – Groups 1 and 2

 **12pm to 2pm - Lecture: Success and Failure in Yoga**

The Hatha Pradipika, a 14th century yoga text, lists the six things that give success, and the six things that cause failure, in yoga. Having a stiff body is not one of them! Having a good back bend is not one of them! In this lecture we will go over all of the things that lead to success and failure in yoga practice, as well as looking at some similar verses from the Bhagavad Gita and Yoga Sutras. These particular things are listed to we have some mental guidelines, and also to create a feeling of confidence in us - that if we follow certain things, and avoid some other things, we will find mental peace, and inner joy.

**23rd Oct – Monday**

            **6:30am to 9:30am** - Mysore Practice – Groups 1 and 2

 **10am to 12pm - Lecture: Introduction to Vedanta**

Advaita Vedanta is the philosophy of non-dualism, or literally, not-two. This is one of the most well-known philosophical traditions to come out of India, and has inspired many, many Western philosophers and scientists as well as many generations of Yogis. Guruji’s lineage stretches back to the Guru Adi Shankaracharya, who started the philosophy of Advaita Vedanta. In this concluding lecture, we will go over some of the basics of Shankaracharya’s teachings, and define some of the basic terms of Advaita. Hindu philosophy is very complicated, and difficult to understand. However, in this talk we will just look at some very simple aspects of it, and some of the people who have been inspired by it.

**0am to 12pm**- Introduction to Vedanta

**PRICES for the WORKSHOP:**

**Until 31st Aug 2017-** R$ 690,00

**Until 30th Sept 2017** – R$ 750,00

**Until 20th Oct 2017**- R$ 810,00

**Daily Drop In’s** : R$ 350,00

**Cancellation Policy:**

Until 20th September – 50% refund. After this date no Money refund will be made.

**IMPORTANT:**
\* Your place will be guaranteed once we have your prove of deposit scanned and sent to our email.

**PAYMENT INFORMATION:**

**CASH**

**IN THIS OPTION PAYMENT MUST BE DONE AT DANY SA’S SHALA. PLEASE INFORM IF THIS IS YOUR CHOOSEN OPTION AND WE WILL ORGANIZE YOUR PAYMENT.**

**DEPOSIT ACCOUNT INFOMATION:**

**FERNANDA RIZZO EVENTOS E PRODUÇÕES LTDA**

**CNPJ – 06013655/0001-80**

**BANCO BRADESCO**

**AGÊNCIA: 7090-4**

**CONTA: 915-6**

* IF YOU ARE TRANSFERING MONEY FROM ABROAD PLEASE ASK FOR OUR SWIFT CODE AND IBAN NUMBER TO MAKE THE DEPOSIT

ATENTTION - Once finishing your payment you will need to send us the scan of the **PAYMENT** and the **application form** attached to our email ( eddieworkshoprio@fsr.com.br) in order to received the confirmation of your enrolment in the workshop.