

Special Ashtanga Yoga Workshop in Japan Ashtanga Yoga Research Institute

Sri R. Sharath



Sri R. Sharath was born on September 29, 1971 in Mysore, South India to Saraswathi Rangaswamy, daughter of Ashtanga master Sri K. Pattabhi Jois. Growing up in a house full of yogis, Sharath learned his first asanas at age 7 and experimented with postures from the primary and intermediate series until he turned 14. Although he spent the next three years focused on his scholastic education, earning a diploma in electronics, Sharath knew deep down that he would one day follow the ashtanga path carved by his legendary grandfather

Encouraged by his mother, Sharath embarked on this inevitable yoga journey at age 19. He would wake every day at 3:30 a.m. and drive to the Lakshmiapuram shala to first practice and then assist Guruji, a routine he followed for many years. An example of sincere dedication and discipline, Sharath still rises early six days a week (now at 2:00 a.m.) to

practice before the first students arrive at the new Ashtanga Yoga Research Institute (AYRI) now located in Gokulam, where he serves as Assistant Director and continues to assist his grandfather.

Sharath is Pattabhi Jois's only student who has mastered all five series of the Ashtanga yoga system, and is currently studying several asanas in the sixth and final series. He resides in Mysore with his wife Shruthi and daughter, Shraddha.

<Ashtanga Yoga Intensive Retreat in Chiba @ the Aerobics Center>

DATE: 4th - 9th November 2007

CLASS : Primary Series * Chanting, Mantra Class & Conference 11/5&8

FEE: Accommodation & Workshop 102,000 yen

**Please check-in on the 3rd to make the morning workshop on the 4th.*

Accommodation includes: 6 nights cottage room , 2 meals/day and workshop fee

Accommodation Info: <http://www.seimei-no-mori.com/aerobics/>

Workshop Only: 30,000 yen (for 6 days)

WORKSHOP HOURS: 6:30-8:30

<Ashtanga Yoga Workshop in Tokyo @ Kamiigusa Sports Center>

DATE : 11th -16th , 18th -23rd November 2007 HOURS: 6:30-8:30

CLASS : Primary Series * Chanting, Mantra Class & Conference 11/11,18,23

FEE: 30,000 yen for 6days, 60,000 yen for 12days *6 days per session, and no less.

(If Space is available Drop in (6,000/class) option will start from October 1st)

Facility Info: <http://www2.city.suginami.tokyo.jp/map/detail.asp?home=H05410>

RESERVATION: * Special Option: Two person may share 6 days pass.(both Retreat & WS)

*Reservation is required. Please make sure to fill out the registration form and send mail
ashtanga_sharath@yahoo.co.jp

<http://iyc.jp/en/ivent.html>

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