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175 Combined Years of Yoga Experience



## Schedule

Join in an in-depth exploration of the Ashtanga Yoga tradition **February 28 – March 3, 2013** in San Diego with senior western students of Sri K. Pattabhi Jois: Nancy Gilgoff, Dena Kingsberg, Tim Miller, David Swenson and Eddie Stern.

In India, the location where two or more rivers merge is thought to be an auspicious place of spiritual power. In the same spirit these highly respected teachers will join in a confluence\* of classes, lectures, stories and events designed to share the profound gift of yoga they received from their beloved teacher, Sri K. Pattabhi Jois.

The confluence is open to experienced ashtanga yoga practitioners as well as yoga students who are new to the ashtanga practice. We offer a unique opportunity for students of all levels to learn from master teachers of this profound and ancient system.

The Ashtanga Yoga Confluence will be held at the Catamaran Resort Hotel & Spa in San Diego just 15 minutes from the airport. When you arrive at the Catamaran Resort, please stop at the Confluence registration table in the lobby with you ID to pick up your badge and event guide, which includes complete schedules and locations. Your badge will be your admission to classes and events and you will need identification to pick up your badge.

## **2013 ASHTANGA YOGA CONFLUENCE SCHEDULE**

### **Thursday, February 28**

**4:30-5:30 pm – Ganesh Puja** performed by Eddie

In India, the elephant headed god is known as the Remover of Obstacles and the Lord of Beginnings. He is honored at important ceremonies to insure an auspicious beginning and successful completion of the event.

**5:30-7:00 pm – Catered Opening Ceremony**

Live music performed by Bviolin & Mystic Groove [www.bviolin.com](http://www.bviolin.com)

### **Friday, March 1**

**7:00 -9:00 am – Guided First Series** taught by Dena (*asana*)

**7:00-8:30 am – Mysore** taught by Nancy, Tim, Eddie and David with certified and authorized teacher assistance (*asana*)

**8:30-10:00 am – Mysore** taught by Nancy, Tim, Eddie and David with certified and authorized teacher assistance (*asana*)

**11:30 am-1:30 pm – Panel Discussion: The Legacy of Sri K. Pattabhi Jois** with Nancy, Dena, Tim, Eddie and David for the entire group to attend together led by Dominic Corigliano (*lecture/discussion*)

**4:00-6:00 pm – Roots & Wings: The Mysterious and Elusive Bandhas** taught by Tim (*asana*)

We will explore the application of bandhas to a variety of asanas as a way of enhancing concentration, stability, comfort, alignment and lightness. We will also use a variety of pranayama techniques to explore the connection of breath to bandhas and a refined sense of awareness.

**4:00-6:00 pm – “How I Was Taught”** taught by Nancy (*asana*)

In 1973 when Nancy was taught by Pattabhi Jois for the first time, he taught her in a “different” way than ashtanga yoga is generally taught, with fewer vinyasas and often joining groups of poses together. This class will examine the practice as it was taught to her at that time. We will begin with a short explanation then you will be guided through the primary series up to supta vajrasana of the intermediate series. There will be time for questions at the end of the class. Suitable for all levels.

**6:00-6:15 pm – The Hanuman Chalisa** with Tim (*chanting*)

## **Saturday, March 2**

**7:00 -9:00 am – Guided First Series** taught by Eddie (*asana*)

**7:00-8:30 am – Mysore** taught by Nancy, Dena, Tim and David with certified and authorized teacher assistance (*asana*)

**8:30-10:00 am – Mysore** taught by Nancy, Dena, Tim and David with certified and authorized teacher assistance (*asana*)

**11:30 am-1:30 pm – The Eight Limbs of Yoga** with Nancy, Dena, Tim, David and Eddie for the entire group to attend together led by Dominic Corigliano (*lecture/discussion*)

The first five limbs of Ashtanga Yoga are known as the external limbs. Pattabhi Jois said, “The first five limbs of yoga are very difficult-the last three are easy!” Each teacher will illuminate a yama and a niyama, as well as discuss the larger context of the first five limbs, or even all eight if time permits.

**2:30-3:30 pm – Teaching Ashtanga Yoga to Children with Special Guest Manju Jois**, Eddie Stern, Nancy Gilgoff, Jois Foundation CEO Eugene Ruffin, Jois Foundation teachers Jen Brown and Erin Cooney (*discussion/presentation*)

Teaching children Ashtanga yoga as a way to improve their lives was a dream of Sri K Pattabhi Jois, who had wanted to have a yoga syllabus included in the school system in his home state of Karnataka. A discussion panel will explore teaching Ashtanga yoga to children both in and out of the school system with a short demonstration with children from the Encinitas School Union District Elementary Schools followed by a class open to all kids.

**4:00-6:00 pm – Spirit of the Breath** taught by Dena

This class will revise the basics for both the fresh and the seasoned practitioner. Exploring principals of posture (*asana*), breath development (*pranayama*), internalization (*pratyahara*) concentration (*dharana*) and elevation through sound. (*chanting*)

**4:00-6:00 pm – Flying, Floating and Handstanding** taught by David (*asana with partner*)

Flying, Floating and Handstanding: In this fun-filled exploration of vinyasa and arm balances, we’ll break down the vinyasa into its components and explore handstands and arm balances through the avenue of partner work. All levels can attend – even if you’ve never done a handstand.

**8:00-9:30 pm – Kirtan with Naren**

Naren, the Director of Sangita Yoga, brings more than 20 years of sadhana in an ancient Yoga tradition, including 11 years as a brahmachari. Naren has trained with eminent musicians in India and dedicates his life to spreading the traditions of yogic music. He is considered by many to be a bridge between yogis and musicians of India and the West.

[www.narenkmusic.com](http://www.narenkmusic.com) [facebook.com/SangitaYoga](https://www.facebook.com/SangitaYoga)

### Sunday, March 3

**7:00 -9:00 am – Guided First Series** taught by David (*asana*)

**7:00-8:30 am – Mysore** taught by Nancy, Dena, Tim and Eddie with certified and authorized teacher assistance (*asana*)

**8:30-10:00 am – Mysore** taught by Nancy, Dena, Tim and Eddie with certified and authorized teacher assistance (*asana*)

**11:30 am-1:30 pm – The Jungle Physicians** taught by Nancy, Dena, Tim, David and Eddie for the entire group to attend together led by Dominic Corigliano (*lecture/discussion/Q&A*)

This class offers an opportunity for students to ask questions of the teachers regarding the application of asana as a healing modality. Questions submitted in advance will be answered.

**1:30 -1:45 pm – Yoga Gives Back Presentation** with Yoga Gives Back Founder/President Kayoko Mitsumatsu (*presentation*)

Yoga Gives Back is helping mothers and children in India to build sustainable livelihoods. This presentation will show the newest exciting short film that documents how the programs implemented by this Los Angeles based non-profit organization are making a difference in many lives in India.

**4:00-6:00 pm – Ashtanga Yoga and Daily Life** with Nancy, Dena, Tim, David and Eddie for the entire group to attend together led by Dominic Corigliano (*lecture/discussion/Q&A*)

All of the teachers will reflect on what it means to be a yogi in the modern world, as a westerner and a householder and how one's practice changes over time in relation to the aging process.

**Event Price: \$495**

The \$495 fee is **NON REFUNDABLE**. Please take this into consideration when registering for the Ashtanga Yoga Confluence.

*Classes fill on a first-come, first-served basis. Payment in full must accompany registration.*

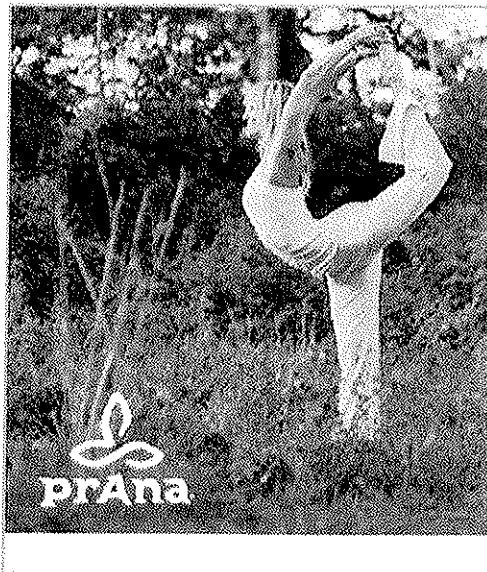
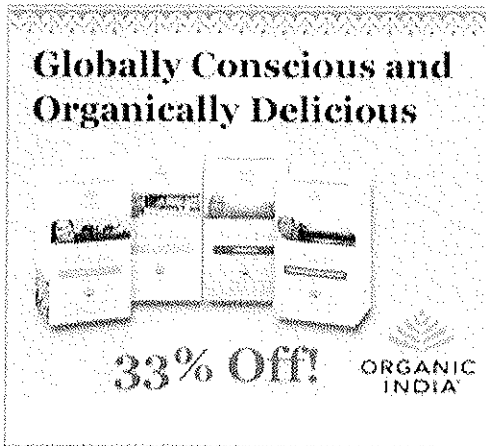
*If you signed up during pre-registration and you cancel your hotel reservation, it cancels your reservation for the entire event.*

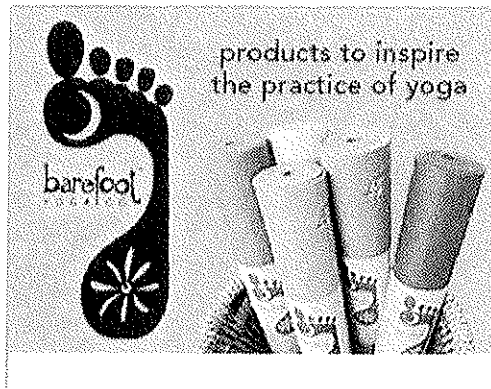
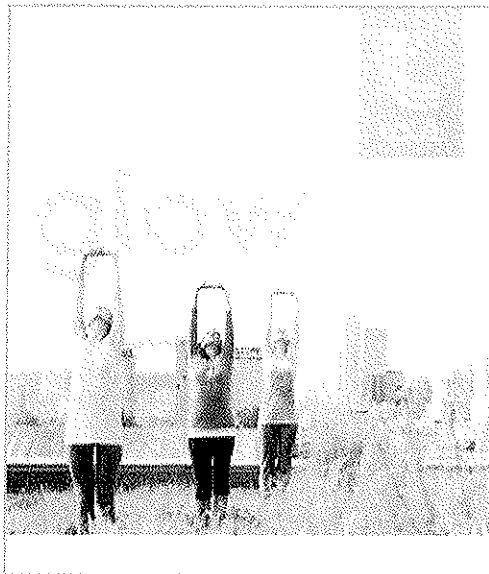
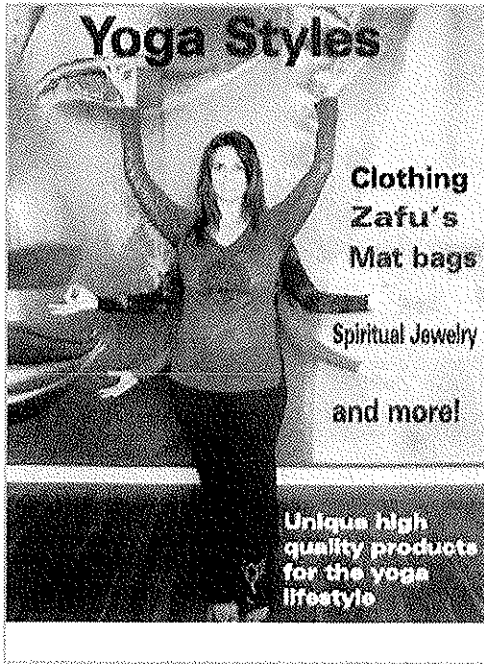
Within a month of the event, if it is not sold out, day passes or single classes may become available.

If you're not already on the mailing list and want to stay up-to-date on registration and information, or have any questions, please contact: [info@ashtangayogaconfluence.com](mailto:info@ashtangayogaconfluence.com)

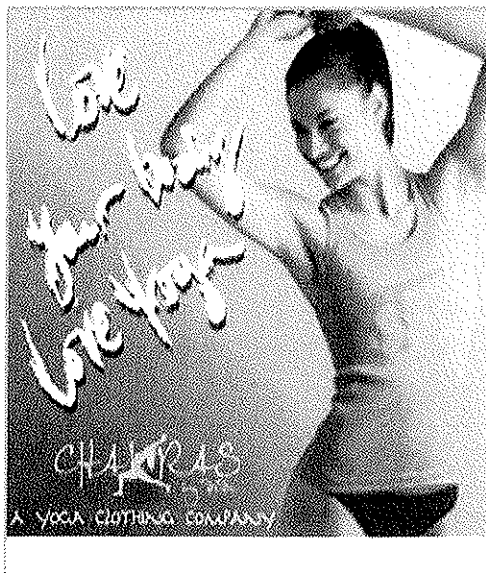
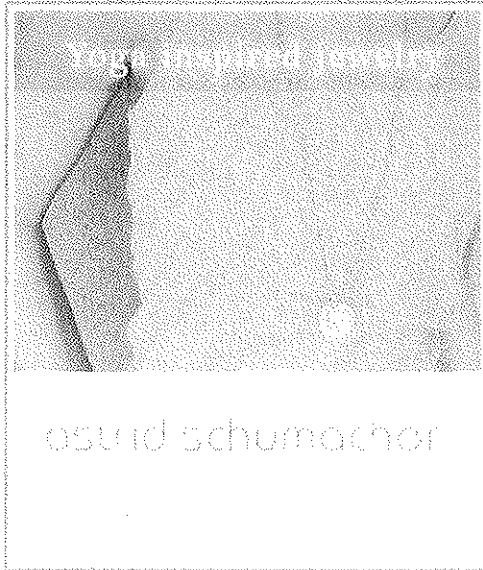
\*con·flu·ence [kon-floo-uhns] *noun*: A flowing together of two or more streams. An act or process of merging.  
A coming together of people or things.

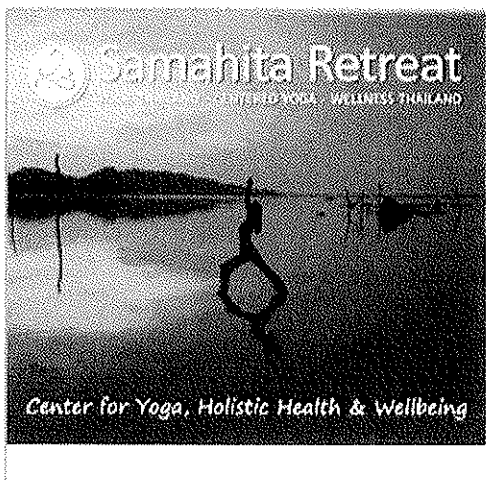
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