

# Evergreen Yoga Intensive with Janana 2008

Avail yourself of this once in a lifetime opportunity to deepen your understanding of yoga. This study of Ashtanga - The Eight Limbs of Yoga, will emphasize Asana, Pranayama, and Meditation. You will learn the historical background of yoga, study Sanskrit terminology, and the principle Yoga Scriptures including the Vedas, Bhagavad Gita, and Patanjali's Yoga Sutras.

This holistic and comprehensive course is characterized by an intensity of experience that yields moments of epiphany. Everyone who takes this course breathes the winds of change. Take it and be prepared to transform your life. Facility in Asana is not a requirement. Only a strong desire to undertake this precious and important study with a master teacher.

All of the principle Asanas will be reviewed with special emphasis on the therapeutic application of posture for pain relief and structural alignment. We will review the mechanics of the various joints of the body - the ankle, knee, hip, shoulder and spine.

The Chakras will be discussed as we observe how the cosmic force manifests in each of the 7 centers and expresses itself in the personality and awareness of the individual. You will learn the role of Pranayama regarding the Chakras and how the subtle energy sheaths are connected.

This 4-day intensive is taught by Janana on Saturdays and Sundays, July 12, 13, 19, and 20. All classes meet from 9 a.m. to 5 p.m. at the Evergreen Yoga Studio. The fee is \$950. This includes follow up and job referrals by Shelly for those who wish to teach. If necessary, consider applying for an individualized payment schedule.

To register: Send a letter describing your experience in yoga and allied arts, your phone numbers, and email address along with a \$500 deposit check payable to JoAnn Evans. Mail to: Evergreen Yoga, 7603 Granada Drive, Bethesda, MD 20817. If you have any questions please call Shelly at 301-320-3630.

If you will be taking this course to prepare to teach you will be required to pass a comprehensive written exam. When you send your registration letter add your current occupation, street address, and your name as you would like it to appear on your Certificate. If you are not an Evergreen student, please include a teacher reference with phone number. Upon acceptance into the program you will be sent more information and a bibliography to help you get started. Beyond the hours, the information, and the training, this course provides an opportunity for spiritual enrichment. Becoming a yoga teacher is a dharma, a calling. It is a great gift to yourself to have discovered your destiny. Evergreen Yoga is proud and excited to offer this 32 hour course led by JoAnn Evans, that complies with the 200 hour National Yoga Alliance certification requirements.

Janana (JoAnn Evans), E-R.Y.T.(500 hrs.) has dedicated herself to the propagation of yoga. She has been teaching yoga since she was awarded the title of Yoga Siromani in 1975 by Swami Vishnu Devananda Teacher Training at Sivananda Yoga Vedanta Center in Val Morin, Quebec, Canada. Before moving to Florida 30 years ago, JoAnn operated a very popular studio in Bethesda. At the Yoga Center in Deerfield Beach, FL, she teaches Hatha Yoga, Stress Reduction, Meditation, Bhagavad Gita and Yoga Sutra classes. Hundreds of students have completed her teacher training classes in South Florida and at Evergreen Yoga in Bethesda, Maryland. Her yoga classes draw students from all over the country. Her unparalleled style of teaching Raja Yoga combines postures, breathing techniques and meditation with methods to incorporate the philosophy of yoga into our daily lives. Her wisdom, kindness and wit create a stimulating and warm environment for her students.

"...Wisdom passed down from spiritual, knowledgeable teachers...a joy and a blessing..." Ann Rosenbaum

"Be prepared for a life changing experience, one that will put you in touch with your true self..." Brett Northrop

"Teacher Training Class was marvelous. I would call it, "transformative". Janana is a terrific teacher. I wish it could have lasted longer. This class has brought a new kind of joy to my life, and a clearer vision of my life's path. Thank you. Thank you..." JessAnn Petersen