



**Sun & Moon Yoga Presents**

## **Workshops with Venerable Lobsang Nyinpo**

**December 2011**

**at Sun & Moon Yoga, Meguro, Tokyo**

**Tuesday, December 20<sup>th</sup> 14:30-16:30**

### **Introduction to Sanskrit 1**

In this introduction, we will learn where Sanskrit comes from, why you should study it (what are the benefits and how it can change your practice) and begin to learn the basic rules of Sanskrit pronunciation. Japanese translation by Mikiko Yatabe.

**Thursday December 22 14:30-16:30**

### **Introduction to Sanskrit 2**

Learn to pronounce the language of the Buddhas. Have you ever wondered how to correctly pronounce mantra? Learn the basic rules of Sanskrit pronunciation and fast track your journey to Enlightenment. Japanese translation by Mikiko Yatabe.

**Saturday December 24 3:30-5:30pm**

### **The Wisdom Warrior: Logic & Debate**

Logic and debate has a central place in Tibetan Buddhist training, sharpening the mind and deepening one's insight into our human condition. Monks traditionally debate each other daily to hone their understanding of Buddhist teachings. In this class we'll be introduced to basic logic and debate, which is ultimately used to permanently stop the misunderstanding of our world & reach the wisdom that realizes the end of suffering. No previous experience needed – just your interest and presence! Japanese Interpretation by Minako Suzuki.

**Sunday December 25 2:30-5:00pm**

### **Lady Niguma Yoga**

Learn or deepen your understanding of the Niguma yoga series, the only written series created by a woman and one of the oldest known yoga series. Especially designed to open your chakras and free prana so you can be successful in business and in life. This series is perfect for busy people who may not have a lot of free time: with practice the series can be finished in under an hour. This 2.5 hour class will go into detail about the subtle body and how it works in this series, with time for discussion. Open to all levels. Japanese Interpretation by Minako Suzuki.

#### **COST:**

- \* ¥4,000 yen per session
- \* Class cards can be used:
  - \* 1 tick on 4 pass + ¥1,500
  - \* 2 ticks on 10 pass + ¥500
  - \* 4 ticks on 20 pass or unlimited card

#### **SPECIAL PRICE BREAK:**

- \* Take all four workshops for ¥14,000

#### **TO REGISTER:**

Go to <http://sunandmoon.jp> and hit Contact and put the name of the course in the subject line, including your full name, phone number and email address. You will receive an automatic confirmation and later, individual confirmation and payment instructions. Register early as this workshop is bound to fill up quickly.

