



February 10–12, 2012 Friday–Sunday

## Yantra Yoga: Perfect Rhythm of Life

### Fabio Andrico

Yantra Yoga is one of the oldest recorded systems of yoga in the world. Coming to us by way of Tibet, Yantra Yoga's unique series of positions and movements, combined with conscious breathing, helps to coordinate and harmonize the body's energy so the mind can find its authentic balance. It is a superb method for attaining optimal health and relaxation through coordinated breath and movement.

Discover the essence of this potent and transformative practice with senior Yantra Yoga instructor Fabio Andrico. He begins this workshop by demonstrating techniques that help you experience naturally relaxed, complete breathing. Using this fundamental breathing practice as a base, Fabio then introduces the most essential Yantra Yoga exercises, including

- The Vairocana Position
- The Nine Purification Breathings
- Lungsang (Purifying the Prana)
- Tsadul (Controlling the Energy Channels)
- The Pranayama of Rhythmic Breathing.

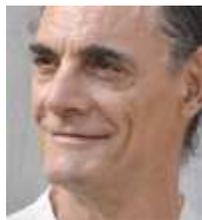
These movement series can reshape, transform, and deepen the effect of your practice by coordinating and enhancing the quality of your subtle energies.

Recommended reading and viewing Chögyal Namkhai Norbu, *Yantra Yoga: The Tibetan Yoga of Movement* (Snow Lion Publications) and the DVDs *Tibetan Yoga of Movement: Perfect Rhythm of Life and Breathe: Perfect Harmony of Breathing with Fabio Andrico and Yamila Diaz*.

Special note A portion of the proceeds from this workshop will go towards supporting the work of the Shang Shung Institute for Tibetan Studies. [www.shangshung.org](http://www.shangshung.org)

Note Please eat lightly before opening night.

CE Credits are available for this program.



**Fabio Andrico** is an internationally recognized expert on the unique tradition of Tibetan yoga known as Yantra Yoga, from the lineage of the renowned Tibetan translator and Dzogchen master Vairocana. He studied directly under the great Tibetan cultural scholar and Dzogchen master Chögyal Namkhai Norbu, who learned this potent and transformative form of yoga from his uncle, yogi Togden Ugyen Tenzin. Fabio is both a hatha yoga and Yantra Yoga instructor, as well as an authorized trainer of Yantra Yoga teachers. Born and raised in Italy, he teaches Yantra Yoga internationally to groups of up to 700 participants in venues on six continents. [www.yantrayoga.org](http://www.yantrayoga.org)



exploring the yoga of life.

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