



DANNY PARADISE ● **Oxford** ● **11th-14th October**

Danny Paradise has been practising Astanga Yoga since 1976 and teaching worldwide since 1979. He initially studied with David Williams and Nancy Gilgoff, the first Western teachers of Astanga Yoga. In 1978 and 1980 he also studied with Sri K.Patlabhi Jois.

As an early advanced practitioner in the west Danny has helped initiate people around the world in public classes, as well as teaching some of the world's most renowned and talented musicians (Sting & Paul Simon), actors, sports champions, film directors and dancers. He was the first travelling Astanga teacher and amongst the first to introduce Astanga to the UK. After Ian and Josephine met him in India Danny first taught in Oxford in 1989 when their son Edward was a baby - he's now 29! This is Danny's **27th** visit to Oxford. He learned the sequences of Astanga over four years and has also studied and practiced with teachers and spiritual guides in many lineages and traditions, including Kung Fu, Tai Chi and karate.

Danny draws from the teachings of Krishnamurti and ancient Egypt as well as many shamanic nature-based indigenous native cultures including Mayan, Hawaiian and Native Americans. He communicates the teachings on ancient traditions in a non-dogmatic, contemporary, compassionate, humorous way. His purpose is to help people develop a sacred, safe, meditative, healing, joyful, expanding, pain-free, personal, life-time self-practice. Danny teaches the Astanga sequences with an emphasis on an expanding, evolving practice as well as showing derivative poses, modifications and variations.

Danny recognises yoga as an ancient shamanic practice and relates yoga to all shamanic,

nature based, indigenous explorations from North and South America, Polynesia, Tibet, Africa and Asia. Danny has also studied extensively with J. Krishnamurti, as well as the teachings of Buddhism and Taoism. He incorporates ancient teachings with contemporary spiritual teachings of Caroline Myss, Marianne Williamson and Neale Donald Walsh. The yogis and shamans were the early pioneers of consciousness, healing knowledge, and communication with the spirit realms. The basic premise of shamanism is that nature is our spiritual guide and teacher.

Danny's aim is to guide people to evolutionary consciousness as well as to help people develop a sacred, personal, healing, meditative, joyful, non-dogmatic yoga practice, designed to create well-being, fulfill personal destiny and learn to age with vitality, energy and grace. Mats & Danny's music CDs/DVDs will be on sale. www.dannyparadise.com

Thursday 11th October 1-5 pm St. Antony of Padua RC Church Hall

Shamanism, healing + Astanga yoga

Topics for open discussion at start of this **and the other 3 workshops** include:

- Shamanic and Historical Roots of Yoga and the connection to other ancient cultures: Egyptian, Mayan, North and South American Native, Chinese, and Polynesian.
- Healing Processes of (Astanga) Yoga, and other healing traditions.
- Spiritual Intelligence and Evolution.
- Responsibility, Personal Authority, The Sacred, Fulfilling Personal Destiny and Yoga.
- Diet and dangers of the Chemical, Pharmaceutical and Genetically Modified Food industries
- Medical Intuition: Understanding the processes that create disease and healing and the relationship to Chakras and glandular systems.
- Yogic and Shamanic perspectives on Ageing and Death.
- Activism and participation in the Community

Friday 12th October 12-4 pm St. Antony of Padua RC Church Hall

Shamanism + yoga: Journey of the soul

Pranayama. Asana: Introduction to Danny's approach: an expanded exploration of the standing sequence of Astanga Yoga and finishing poses with variations, derivative routines, modifications and connections of Yoga with variations from Kung Fu and classical Egyptian original asanas.

Saturday 13th October 1-5pm Richard Benson Church Hall

The lifetime journey of healing

Pranayama: An accessible introduction to **Pranayama** guiding practitioners to an expanding lifetime practice. Asana: An expanded exploration of the standing sequence of Astanga yoga showing through derivative asanas and all traditions of yoga and Taoism: including ways to continuously expand and challenge yourself in a personal practice. Also an exploration of elements of the primary and intermediate series.

Sunday 14th October 12-4pm Summertown Church Hall (Upstairs)

Pranayama from Astanga yoga: discover Pranayama as taught by Krishnamacharya and learn how to develop a lifetime practice. Asana: Exploring an ex- panded standing

sequence: including modifications, derivative routines and variations from Taoism, Kung Fu and Egyptian positions. Introducing the second or intermediate series with accessible introductions to advanced poses from the third series. Finishing with Savasana.

Danny Paradise is a Senior Yoga Teacher registered with Yoga Alliance Professionals. These workshops meet the standards set by Yoga Alliance Professionals for CPD training. This series of four workshops contributes 12 hours towards your next level qualification and may be used towards your required annual CPD hours.

Classes are suitable for all levels. N.B. content may vary at teacher's discretion.

Bring a mat & a block or buy one at the hall. Doors open 15 minutes beforehand. Each day there will be a 15 minute tea & biscuit break about an hour in.

VENUES

THU/FRI: ST. ANTHONY OF PADUA CHURCH HALL, 115 Headley Way, Oxford **OX3 7SS**

at roundabout below the John Radcliffe Hospital. 10 parking spaces, so allow time to find space

SATURDAY: RICHARD BENSON CHURCH HALL, 271 Cowley Rd, Oxford **OX4 1UR**. Street parking is scarce so best use (expensive!) car park behind Tesco 200yds away.

SUNDAY: SUMMERTOWN CHURCH HALL Oxford **OX2 7EZ** Upstairs in big old stone building, corner of Banbury Rd & Portland Rd, 200 yds north of the Summertown shops, on right hand side almost opposite BBC Radio Oxford. **FREE STREET PARKING.**

COST

Each 4 hour session £42 / all 4 sessions £150. *Earlybirds* who book by 19 September pay less: £37 a class / all 4 classes £140. Discount of £5 per class for full-time students/ Benefit Claimants/over 65s - you must put discount category on booking form.

Cancellations: if made more than 10 days before class only 10% of fee is forfeited; 7-10 days before the class 50% forfeited but **no refund if cancelled less than 7 days before.**

On Saturday everyone's invited to a **Bring-a-Dish Party** 7pm at Josephine & Ian's house

14 Chalfont Rd, Oxford OX2 6TH (parallel to and between canal & Woodstock Rd). We provide a basic dish (rice etc) to supplement your dish and drink to make a creative feast for all. **Please arrive after 7.** After eating the music will flow!
Danny plays guitar and sings, so please bring any musical instrument to accompany him.

HOW TO BOOK ...

Send form + stamped addressed envelope to **Ian Macdonald, 14 Chalfont Rd, Oxford OX2 6TH.**

☎ 01865-421234 oxfordyoga@gmail.com www.oxfordyoga.co.uk **Bank transfer:**
NatWest

a/c **08310483** *I.Macdonald*, sort code 54-21-23 & **confirm** by sending email with address & tel.no.



NAME(s).....e-mail

ADDRESS.....POST
CODE.....

☎..... I/we enclose a SAE for: Receipt Map B&B list
with a

£..... cheque, payable to *I.Macdonald* for the following sessions.....

Danny Oxford

Oct2018 19 Sep