



DANNY PARADISE ☯ **Oxford** ☯ **25-28 July 2019**

Danny Paradise, from Canada, has been practising Astanga Yoga since 1976 and teaching worldwide since 1979. Initially he studied with David Williams and Nancy Gilgoff, the first Western adepts of Ashtanga Yoga. In 1978 and 1980 he studied with Sri K.Patlabhi Jois.

As an early advanced practitioner in the west Danny has helped initiate people around the world, as well as teaching some of the world's most renowned and talented musicians (Sting Paul Simon, Madonna), actors, sports champions, film directors and dancers. He was the first travelling Astanga teacher and also one of the first to introduce Astanga to the UK.

After Ian and Josephine met him in India he started teaching in Oxford in 1989 (when their son Edward had just been born). This is Danny's **28th** visit to Oxford. He learned the sequences of Astanga over four years and has also studied and practiced with teachers and spiritual guides in various 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 a few contemporary spiritual teachings. 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.

His 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. Danny is a composer and musician. His CDs and DVDs will be on sale. www.dannyparadise.com

Thursday 25 July- Sunday 28 July 12 - 4 pm_ Wolvercote Village Hall

All four workshop days will include some of these themes:- Introduction to Danny's approach: an expanded exploration of the standing sequence of the Astanga Yoga **Asanas** and finishing poses with variations, derivative routines, modifications and connections of Yoga with variations from Kung Fu and classical Egyptian original asanas. **Pranayama:** An introduction guiding practitioners towards a lifetime practice. An exploration through derivative asanas and all traditions of yoga and Taoism: including ways to continuously expand and challenge yourself in a personal practice. An exploration of elements of the intermediate series. **Meditation** and **Savasana**.

Topics for open discussion at start of all 4 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

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.** Content may vary at teacher's discretion Bring a mat or buy one at the hall. Complimentary tea & biscuits. Doors open 11.45.

WOLVERCOTE VILLAGE HALL A WOODEN BUILDING IN NORTH OXFORD AT CORNER OF GODSTOW RD & WOLVERCOTE GREEN RD, OX2 8BD. Free street parking. **How to find the hall**

Each 4 hour session £42 / all 4 sessions £155. Earlybirds booking by **4th July** pay less: **£38** one session / all 4 sessions **£145**. Discount of £5 per class for full-time students / Benefit Claimants / over 65s. You must state discount category when booking.

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.

Send form with a stamped envelope to Ian Macdonald, 14 CHALFONT RD, OXFORD OX2 6TH
 ☎ 01865-421234 oxfordyoga@gmail.com www.oxfordyoga.co.uk Bank transfer: HSBC a/c no. 42068923 I.Macdonald, sort code 40-11-00 then email Ian with your address & phone 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.....

DannyOxfordJul2019 24 June

On Saturday there will be a **Bring-a-Dish Party** 7pm at Josephine & Ian's house 14 Chalfont Rd, Oxford OX2 6TH (parallel to canal & Woodstock Rd) a 25 min walk from Wolvercote along canal towpath. We provide basic dishes, so your dish and drink will help us make a creative feast for all. Then the music flows! Danny plays guitar and sings, with his partner Nadie, so please bring any musical instrument to accompany them, but please **don't** arrive early.