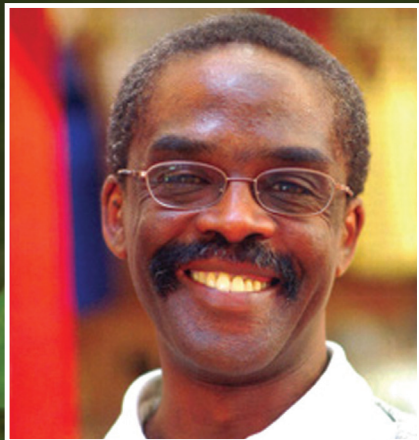


mudita yoga presents

The Essence of Yoga

with Kofi Busia



October 14-16, 2011

Friday: 6:30pm to 8:30pm

Saturday: 9:30am to 12:30pm

3:00pm to 5:00pm

Sunday: 9:30am to 12:30pm

Register before October 2 • \$245

(\$290 after October 2)

Kofi Busia has been teaching yoga in the Iyengar tradition for nearly 40 years. He began yoga as a student at Oxford and has taught professionally ever since. Throughout the 1970's and up until the mid-1980's, he studied regularly with BKS Iyengar, and directly from him on a regular basis at the Ramamani Iyengar Memorial Yoga Institute in Pune, Maharashtra, South India. He has held his Advanced Certificate for over 35 years, and has taught all over the world. He has studied and then taught Sanskrit and Indian philosophy for over 25 years.

Busia weaves inspiring texts from ancient yogic scriptures into his classes as an integral part of the instruction. His unique blend of deeper, more esoteric teachings with a powerful practice of postures has a transformative effect.

He is editor of *Iyengar: The Yoga Master* and is currently working on a translation and commentary of the Yoga Sutras of Patanjali, as well as a text on the core principles of biology.

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