

# Father Joe Pereira workshop

Weekend March

13th & 14th



[www.kripafoundation.org](http://www.kripafoundation.org)

First Australian visit of international yoga teacher **Father Joe Pereira**

**Weekend workshop** to be conducted  
Saturday 13th & Sunday March 14th  
at **Clifton Hill Yoga Studio –**  
**129 Queens Parade, Clifton Hill**

9:00am – 12:00pm **Asana** (Saturday & Sunday)  
1:00pm – 3:00pm **Pranayama** (Saturday & Sunday)

The workshop is open to students with  
at least **six months** yoga experience

**Cost \$150.00 – two days or \$100.00 – one day**

The full workshop price includes free entry to a evening session with Father Joe. Friday night, March 12, 2010 commencing at 7:30pm at **St. Peter's Hall, 15 Gisborne Street, East Melbourne.** This event will include a talk by Father Joe, Q&A, and some film highlights.

Father Joe's work with BKS Iyengar has focused on restorative poses, pranayama and meditation. This is best learned in a group environment where Father Joe can explain all the elements he has learned from BKS Iyengar over the last 40 years of instruction.

**Father Joe Pereira** is the founder of the **Kripa Centres**, a senior Iyengar Yoga Teacher and Catholic Archdiocesan Priest of Mumbai, India. A priest since 1967, he commenced Iyengar yoga classes in 1968 after seeing Yehudi Menuhin, the world famous violinist, introduce BKS Iyengar at one of his concerts. By 1975 Father Joe was a certified Iyengar Yoga Teacher and every year he returns to Pune for intensive studies in yoga therapy with **BKS Iyengar**.

The **Kripa Foundation** commenced in 1981 to help recovering alcoholics. The **Kripa Program** combines the 12 step, self-help program of Alcoholics Anonymous with other western and eastern strategies to create a holistic

program to address the needs of the person in recovery. It has grown from a single program to the largest non-government addiction recovery program in India.

The **Kripa Program** is formulated around Patanjali's eight limbs and addresses the important emotional recovery needs of the addicted person. Father Joe is the director of 40 plus Kripa centres in India and in 2009 he received the Padmashri Award from the Indian Government for his assistance to people suffering addiction and living with HIV.

**All proceeds raised from the yoga workshop & evening lecture go to the KRIPA Foundation, visit [www.kripafoundation.org](http://www.kripafoundation.org)**

Nothing can replace the presence, the voice, the assurance of one who has walked the path and can show us the way. In this workshop, Father Joe will encourage you to develop your own wisdom and practice

**Book online at [www.iyoga.com.au](http://www.iyoga.com.au) or call for further information – Mark Griffiths, 04 0551 4675 or Karen Wilde, 04 0304 8720**



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