

INTRODUCTION TO YOGA OF JOY TIBETAN & PRIMORDIAL YOGA

With Jin Lian-Hua (Carry Kim)



Yoga of Joy is a unique, dynamic and powerfully effective yoga system which connects us to universal energy. It integrates the physical with the spiritual, improves circulation of blood and subtle energy, purifies our meridian system and balances our Yin and Yang aspects. Through a concise and effective sequence of postures, breathwork, visualizations, intention, mantra and mudra, Yoga of Joy opens our hearts and central channel to directly elevate our consciousness.

"Discovered" by dakini Yuan Miao, during her spiritual awakening, Yoga of Joy combines ancient yogic disciplines from Tibetan Vajrayana and primordial yoga into a nine-step tantric practice. Yuan Miao is a half-Tibetan, half-Chinese woman raised largely by her Tibetan grandmother, Yeshe Tsoumou, a spiritual master whose father was a rinpoche in the Nyingma lineage of Tibetan Buddhism. Estimates date the origins of primordial yoga back over 7,000 years.

Rather than glorify the "vase," Yoga of Joy connects us with what is inside the vase. Through this process, we release all concepts and rules, return to our Inner Nature and expand into joyful, creative, potentiated beings with a greater capacity to benefit others. In this workshop (suitable for all levels), learn and practice various warm-ups, healing mudras, Vajra Wind organ cleansing breath techniques and the first four steps of the 8-step form practice. Rediscover the childlike joy and spontaneity that resides within!

"Yoj is unlike any other yoga I've ever practiced, yet it is what I have always longed for. Something deeper than just asanas. The complete cyclic process of yoga, which is living and breathing it. This was taught to me in class and carries on in my life today. I really resonate with the way the postures and movements are taught, it is not as important to be in the correct position as it is to have the right intention. All is heart opening. All is compassion. From one drop of rain we return to the infinite ocean and are one again. There is a sense of returning to your inner child with Yoj and it leaves me laughing, playing and in ultimate gratitude." ~Tree Barkho

Jin Lian-Hua (Golden Lotus) became a lineageholder of Yoga of Joy (Tibetan and primordial yoga), following a solo journey through Tibet, India & Nepal in 2001. Her foundation lies in Tibetan Vajrayana and esoteric teachings from her root teacher, Yuan Miao, yogi Lama Norbu and the Yoga lineage of Krishnamacharya. Elements of Taoism, Zen Buddhism, her training as a Shiatsu therapist and martial artist (Northern Shaolin Kung Fu and Tai Chi) infuse "how" she teaches. Her goal is to help free our childlike spontaneity and unique, ecstatic flow of energy. When we are free and living joyfully, we can be of ultimate service to all beings. She is a therapeutic nutrition educator specializing in living/raw foods, yoga therapist and actively studies somatic movement/bodywork, Taoist Yoga, Vedic chanting and traditional hula. May the "form" lead to the formless!
tsomo.com

UPCOMING EVENTS

All workshops are Introduction to Yoga of Joy (Tibetan & Primordial Yoga) unless otherwise noted.

Saturday-Sunday, March 20-21

Green Lifestyle Film Festival, UCLA
YoJ classes free to the public
greenlifestylefilmfestival.com

Saturday, April 3

RakSa
10846 Washington Blvd, Culver City
310.559.7200 310.559.7200
info@raksasala.com

Saturday, April 10 3-5pm

The Hub
2001 S. Barrington, Suite 150, LA
310.575.4200 thehub-la.com
\$35 pre-reg / \$40 walk-in

April 7-28

Shiatsu Massage School of California
4-week series (drop-in \$10)
2309 Main Street, Santa Monica
310.581.0097 info@smsconline.com

Saturday, May 8 2-4:40pm

Golden Monkey Healing
13259 Moorpark St., Sherman Oaks, CA
818.430.1906
goldenmonkeyhealing.com

Saturday, May 15 2-4:30pm

Yoga House
11 W. State St., Pasadena, CA
626.403.3961 yogahouse.com

Saturday, October 9 1-3:30pm

Yoga at the Village
The Yoga of Joy: A Tibetan Practice
1306 Songra Avenue, Glendale, CA
818.265.9833 yogaatthevillage.com

Ongoing Classes:

Saturdays, 8am

Silverlake Yoga \$10/class
2810 Glendale Blvd, Los Angeles, CA
323.953.0496 silverlakeyoga.com

