

SATURDAY + SUNDAY, **NOVEMBER 21 + 22**
1:00 - 4:00 | \$40 per workshop/ \$70 for both
ananda shala | RESERVATIONS: 301-682-YOGA

Entering Gaja Mukha -

an All Level Exploration of Kalarippayat
with **GERHARD SCHMIDT**

Kalari is an ancient martial art form that is as old as yoga and Ayurveda, and is considered the sister to these ancient practices. It is a system that creates global awareness of a person's place in the world, and the energies that surround us. Kalari trains and heals the physical body, as well as the energy channels of the body, through movement forms, static postures and weapons training.

Kalari cannot be spoken about; it must be practiced to understand. Kalari has a systematic approach to training the complete Self: the body, the emotions and the mind.

Kalari practice begins with movement-based warm-up and conditioning exercises which are all repeated for maximum effect. Then the practitioner moves on the set sequences of flowing movement, called forms. Each form takes on a specific quality of either energy generating (masculine) or energy focusing (feminine). Both types of forms are equally important to the practice of each student, and both are equally challenging.

In these unique Workshops, Gerhard will work with us as the Indian Masters work with their Sanghams (communities) in India: intermediates and beginners will practice together. This allows newer students to see where the practice can evolve to, and intermediate students to feel a sense of how they have progressed, each group learning from one another.

WORKSHOPS:

Each class will introduce some key elements for the practice: Lohar warm-up exercises, Kalari Surya Namaskara and Vadivu, animal postures. These body conditioning practices create grounding, steadfastness, focus, alignment, cultivate authentic flow and provide an expansion of sensory awareness.

Both Kalari classes will start the main practice with one form: Puthara and Kalari Vandanam. It is in this flowing movement form that we acknowledge the lineage Kalari tradition and the sacred space of the Kalari practice space itself.

Workshops will be held at an alternate location. Call for details.

GERHARD found the practice of Kalari (Kalarippayat) purely by coincidence in 1999. From the first session onwards Gerhard was amazed about the effects: After a hard training he felt energized, more present than before, rather than depleted as he had with previous types of training. Since then Gerhard has embarked on a powerful journey, training up to six months every year with his teacher C. M. Sherif Gurukul in Kerala/India, and immersing himself ever deeper into what is said to be the most ancient martial art in the world. He is a certified senior instructor of the Kerala Kalarippayat Academy in Kannur / Kerala and teaches at his own studio in Hamburg/Germany as well in various places around the world. Gerhard has completed ten years of the traditional 12-year-"gurukkula"-education and is one of the very few Westerners who have been trained and given permission to teach in the three different styles of Kalarippayat. Gerhard is also studied in the healing side of Kalari, called Chikitsa, which is equally important to the tradition and permission to give these treatments in only given to Kalari's most senior students.



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34 S. Market Street • 301-682-YOGA • Please register early to reserve your spot