

A YOGA WORKSHOP
BY REV. JOSEPH H PEREIRA
KRIPA FOUNDATION IYENGAR YOGA™

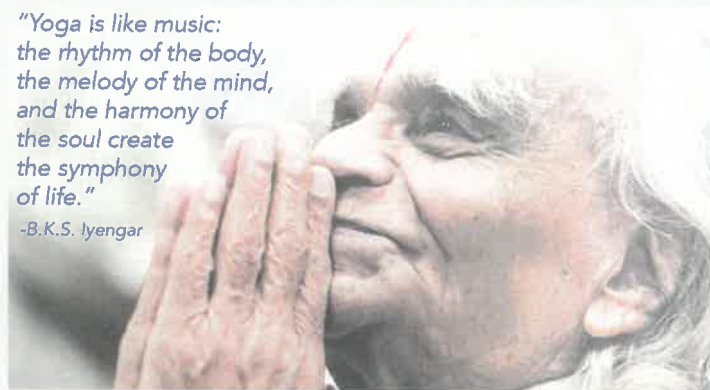


B.K.S. Iyengar and Father Joe Pereira

THE ORIGINAL TEACHINGS
OF B.K.S. IYENGAR IN HIS
CENTENARY YEAR

*"Yoga is like music:
the rhythm of the body,
the melody of the mind,
and the harmony of
the soul create
the symphony
of life."*

-B.K.S. Iyengar

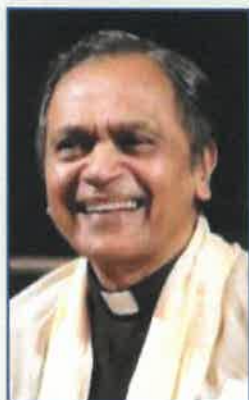


OCTOBER 12 – 14, 2018
MILWAUKEE, WISCONSIN

INTRODUCTION

KRIPA FOUNDATION IYENGAR YOGA™

INSPIRED BY COMPASSION



Rev. Joseph H Pereira established Kripa Foundation Iyengar Yoga™ in 1981 to serve those affected by and afflicted with chemical dependency and HIV/AIDS. Father Joe was a direct student of B.K.S. Iyengar since 1968 and also worked closely with Mother Teresa. His devotion to the service of others was born from Mother Teresa's reach to the poorest of the poor and B.K.S. Iyengar's outreach to the poorest of poor in health. Father Joe's teaching protocol of Kripa Foundation Iyengar Yoga™ is built on the Iyengar yoga traditions of alignment-based asana, pranayama, and meditation. It is a contemplative practice that combines the psycho-spiritual, psycho-social, and psycho-somatic dimensions, which have been vital to healing addictions and related ailments. Father Joe's workshops inspire students of all kinds to embark on a healing journey toward wholeness by looking within.

B. K. S. Iyengar (1918–2014) studied and practiced yoga continuously for 80 years. Having taught in all five continents, he has won worldwide respect and recognition for his achievements and has made yoga accessible and relevant to people everywhere, regardless of their physical or mental ability.

"When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world."

-B.K.S. Iyengar



Mother Teresa (Saint Teresa of Calcutta) mentored Fr. Joe Pereira when he was a young priest. Inspired by both Mother Teresa and B.K.S. Iyengar, Fr. Joe combined their passions and developed the Kripa Foundation Iyengar Yoga™, a recovery program for the chemically dependent.

"There is joy in transcending self to serve others."

-Mother Teresa



KRIPA has grown exponentially over the years and forms a vital link to provide social stability in its 70+ facilities that spread over 13 states in India and 40 countries around the world. They are manned by peers and professionals in the field of Chemical Dependence and HIV-AIDS care and also have associations in other international locations in Europe, Canada and the USA.

SCHEDULE OF EVENTS

A WEEKEND WORKSHOP

by Rev. Joseph H Pereira

FRIDAY, October 12

| | |
|---|-----------------|
| BOOK LAUNCH + Discussion Spiritual Paradox of Addiction | 4:00PM – 5:00PM |
| FILM SCREENING The Circle | 5:30PM – 6:30PM |
| PHOTOGRAPHY EXHIBIT Journey of Spirit | 6:30PM – 8:30PM |

SATURDAY, October 13

| | |
|--|------------------|
| YOGA WORKSHOP, Module 1 Kripa Iyengar Yoga: Asana | 9:00AM – 12:00PM |
| FILM SCREENING Leap of Faith <i>Life story of B.K.S. Iyengar</i> | 1:00PM – 2:00PM |
| YOGA WORKSHOP, Module 2 Kripa Iyengar Yoga: Pranayama | 2:30PM – 4:30PM |
| GARDEN PARTY (different location)* Auction + Dinner Fundraiser | 6:30PM – 9:00PM |

SUNDAY, October 14

| | |
|--|------------------|
| YOGA WORKSHOP, Module 3 Kripa Iyengar Yoga: Therapeutic | 9:00AM – 12:00PM |
| FILM SCREENING The Circle | 1:00PM – 2:00PM |
| FILM SCREENING Leap of Faith <i>Life story of B.K.S. Iyengar</i> | 2:00PM – 3:00PM |

EVENT LOCATION:

*GARDEN PARTY FUNDRAISER
W322 N7478 REDDELIEN RD
HARTLAND, WI 53029

STAMM TECHNOLOGIES
1207 WEST CANAL ST
MILWAUKEE, WI 53233

BOOK LAUNCH + Discussion

THE SPIRITUAL PARADOX OF ADDICTION

by Ashok Bedi, M.D. + Rev. Joseph H Pereira



Ashok Bedi, MD, D.P.M, R.C.P.S. (England,) M.R.C.Psych. (Great Britain,) F.A.P.A. is a Distinguished Life Fellow of the American Psychiatric Association, a Diplomat Jungian psychoanalyst and a board certified psychiatrist in Britain and U.S.A. He is a member of the Royal College of Psychiatrists of Great Britain, a Diplomat in Psychological Medicine at the Royal College of Physicians and Surgeons of England, a Clinical Professor in Psychiatry at the Medical College of Wisconsin in Milwaukee and a faculty member at the Analyst Training Program at the Carl G. Jung Institute of Chicago. He is an Honorary Psychiatrist at the Aurora Psychiatric Hospital and the Aurora Health Care Network. Trained in Medicine, Psychiatry and Psychoanalysis in India, Great Britain and the U.S., he is interested in the emerging frontiers of Spirituality and Healing and the synapses of the Mind, Body, Soul and Spirit. His publications can be previewed at his website pathtothesoul.com.



Rev. Joseph H Pereira, Founder and Managing Trustee of Kripa Foundation, studied at the University of Bombay and received Masters degrees in Psychology and Philosophy. He also holds a Licentiate in Divinity (Theology) from Bombay + Poona, as well as certifications in Counseling Theory and Practice and Expertise from Hazelden Institute of Minnesota. He is a Class A Trustee of the World Services of AA India, and recipient of the Lifetime Achievement Award from the President of India.



The Spiritual Paradox of Addiction book
Launching in India in February 2018

FRIDAY, OCTOBER 12
4:00PM – 5:00PM



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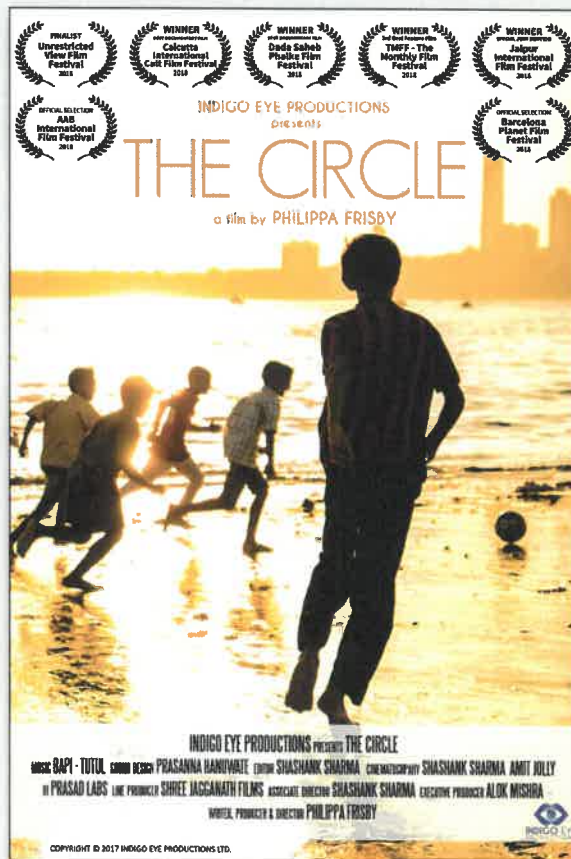
THE CIRCLE by Phillippa Frisby

Phillippa Frisby, a certified Iyengar yoga teacher and filmmaker started her career with television after acquiring a degree in 'Comparative Religion' from Bristol University. Her initial work in TV and film includes 'Dispatches', 'The Torture Trail', 'The Saudi Tapes' and 'The Tale of The Three Lost Jewels'. Her passion for India started after she finished school and it grew stronger over time through the first film she ever worked on which was shot in India and her lifelong interest in yoga. This eventually inspired the filmmaker in her to make short documentaries on India, the first one being about the Ganges starting in Varanasi and ending in Haridwar at the Kumbha Mela. At the same time she decided to deepen her interest in yoga and undertook a teacher training in Iyengar yoga. 'The Circle' is her first feature length documentary film based on treating drug addiction with yoga.



"In every human, there is an addictive energy... Yoga is one science that, through the body, heals the mind."

-Fr. Joe Pereira



The Circle is a film about the transformational power of yoga in treating drug addiction in the street children of Mumbai. The film focuses on the centre in Dharavi, which finds and takes in some of the most vulnerable members of society, ultimately reforming their lives. The documentary tells the tale of four street children through their individual stories, portraying their harrowing ordeals whilst living on the streets. We hear how they fall into a cycle of addiction, how they live out of dustbins, and survive simply by selling rubbish, using drugs to block out their inner pain.

FRIDAY, OCTOBER 12
5:30PM – 6:30PM



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PHOTOGRAPHY EXHIBIT

JOURNEY OF SPIRIT by Zeliha Öztürkkan



41 Years in Photography,
30 Years in Yoga,
10 Years in Jungian Journey,
34 Years as Engineer in
Professional Life;

Passion of loving care to people is
a life purpose for Zeliha



The Turkish origin Photographer Zeliha Öztürkkan, who lives in USA and travels to India often, spent some time with the boys in Dharhavi Slum Kripa Shelter of India. Then, she prepared this fundraising exhibition, which opened in Goa, India on 27 January 2016. After India, the Exhibition traveled to Ankara, Istanbul, and Ayvalik in Turkey in 2017.



This body of work is composed of 28 minimalistic outdoor and water photographs and a limited edition of prints will be for sale. "Journey of Spirit" images were shot in Biarritz, Iceland and Patagonia during various "Ocean Capture" workshops led by professional photographer Jonathan Chrichley. Jonathan was too kind to provide his expertise in the selection of these photographs as an art advisor.

FRIDAY, OCTOBER 12
6:30PM – 8:30PM

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GARDEN PARTY

AUCTION + DINNER FUNDRAISER to benefit Kripa Foundation



*"We ourselves feel that
what we are doing is just a
DROP IN THE OCEAN,
but the ocean would
be less because of that
MISSING DROP."
-Mother Teresa*

Fr. Joe was awarded the Padma Shri in the field of Social Work (2009) from Her Excellency Pratibha Patil, 12th president of India, and the prestigious Lifetime Achievement National Award for an Outstanding Individual-Professional (2014) at the hands of His Excellency Pranab Mukherjee, 13th president of India.

Fr. Joe has been recognized by the Government of India for his decades of service as the Founder and Managing Trustee of Kripa Foundation.



Join with us for a
Fundraiser Dinner
Garden Party on
NORTH LAKE with a
SILENT AUCTION!

SATURDAY, OCTOBER 13 W322 N7478 REDDELIEN RD
6:30PM – 9:00PM HARTLAND, WI 53029

YOGA WORKSHOP

KRIPA FOUNDATION IYENGAR YOGA™ MODULE 1: ASANA

*"Body is the bow
asana is the arrow
and the soul is the
TARGET"
-B.K.S. Iyengar*



Fr. Joe explains that the kind of Yog that the West is making popular has reached ridiculous proportions. As Carl Gustav Jung had predicted this Science of Yog would never fit into a reductionist, materialistic living. That is the conflict. Many have tried making of Yog an exercise, just acrobatics. Some vied with each other to bring in kinetic styles of doing asanas, calling it yoga with a flow ...etc. This has reduced the practice to only body work, mainly the practice of asanas, which belongs to the Bahiranga Sadhana. And in the East, we have a saying, "When the wise man points a finger at the moon, the fool gets preoccupied with the finger." That is mostly the Western Yoga. The masculine element in the exercise-oriented Yoga has caused many to suffer from high blood pressure and many ailments that come in as a result of bad practice. Guruji - Iyengar always used to say, "An asana that can heal can also hurt...if not done correctly."

*"It is through the Alignment of
the Body that I discovered the
alignment of Mind, Soul, and
Intelligence"
-B.K.S. Iyengar*



SATURDAY, OCTOBER 13
9:00AM – 12:00PM

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YOGA WORKSHOP

KRIPA FOUNDATION IYENGAR YOGA™ MODULE 2: PRANAYAMA

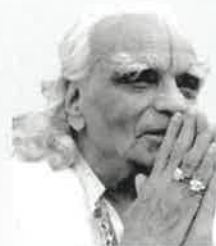
Father Joe's workshops are based on the Iyengar yoga traditions of Meditation, Pranayama, & Alignment.



"Many ask me whether pranayama... postpones old age. Why worry about it? Death is certain. Let it come when it comes. Just keep working. The soul has no age. It doesn't die. Only the body decays. And yet, we must never forget the body, since it is the garden we must cherish and cultivate."

-B.K.S. Iyengar

Fr. Joe explains that the legacy of Guruji- Iyengar is the SCIENCE OF YOG. He took over from Swami Rama; what Swami Rama did in the Meninger Foundation, Guruji did all through his life. He has given YOG credibility in the worlds of medicine and science. And along with this he has left a legacy of the SPIRITUALITY OF YOG – without any reference to any particular religion.



"Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame."

-B.K.S. Iyengar

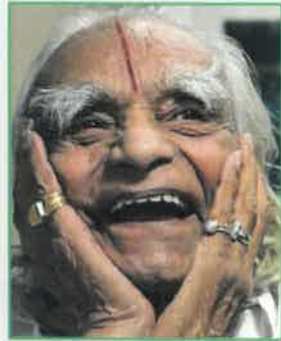
**SATURDAY, OCTOBER 13
2:30PM – 4:30PM**

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YOGA WORKSHOP

KRIPA FOUNDATION IYENGAR YOGA™ MODULE 3: THERAPEUTIC

Iyengar Yoga is the foremost style of yoga for treating a wide variety of symptoms associated with, among many other health issues: back problems, auto immune disorders, addictions, and heart + lung ailments.



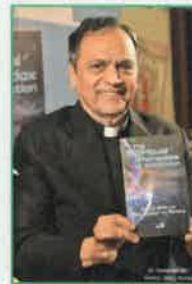
*"Yoga allows you to find a new kind of freedom that you may not have known even existed. To a yogi, freedom implies not being battered by the dualities of life."
-B.K.S. Iyengar*



*"Spiritum contra spiritus"
Higher Power opposes alcoholism
Dr. Carl Jung*

Fr. Joe explains that the general protocols for working with addicts are a blend of the Therapeutic Community Model with a Kripa Model of Recovery programme that is a blend of the self-help of AA and NA, along with the Iyengar Yoga asana sequence. While AA gives the psycho-spirituality and psycho-social dimensions, "Kripa Foundation Iyengar Yoga" brings in the psycho-somatic dimension and makes recovery more long lasting and authentic.

The most providential therapy that has now been adopted by Kripa is Jungian Analysis. We have regular e-conferences with the Jungian School of Analysis in Chicago and Dr. Ashok Bedi has been helping us in establishing a Bombay Jungian Institute within Kripa Foundation.



Fr Joe is a Class A Trustee (Non Alcoholic) of Alcoholics Anonymous (AA) in India

IMPACTING THE ADDICTION RECOVERY COMMUNITY ON THE LOCAL LEVEL

4th Dimension Sobriety is a non-institutional aftercare environment located in Milwaukee, Wisconsin with three sober living houses in the Riverwest neighborhood. Their objective is to provide a safe and secure community for men and women, 18 and older, who seek a life free from drugs and alcohol. The essence of 4th Dimension is rooted in the 12-steps of recovery. Residents communally live and work with one another as they build a firm foundation for a life of happiness, peace, and usefulness.

Kristen Wick of **Yoga Collective** teaches yoga for recovery at the Pink House Studio and offers yoga to 4th Dimension's sober living house residents.

**SUNDAY, OCTOBER 14
9:00AM – 12:00PM**

**STAMM TECHNOLOGIES
1207 W CANAL ST**

PRICING & REGISTRATION

OPENING EVENT

\$10.00 (early bird \$5)

FRIDAY OCT. 12

- Book Launch + Discussion
- Screening of The Circle
- Photo Exhibit of Journey of Spirit
- Snacks + Drinks

YOGA MODULES 1, 2, and 3

\$170 (early bird \$140.00)

SATURDAY OCT. 13 + SUNDAY OCT. 14

- Asana (3hr session)
- Pranayama (2hr session)
- Therapeutic (3hr session)

YOGA MODULE 1

\$75.00 (early bird \$65)

SATURDAY OCT. 13

- Asana (3hr session)

YOGA MODULE 2

\$50.00 (early bird \$40)

SATURDAY OCT. 13

- Pranayama (2hr session)

YOGA MODULE 3

\$75.00 (early bird \$65)

SUNDAY OCT. 14

- Therapeutic (3hr session)

GARDEN PARTY + AUCTION FUNDRAISER

\$100.00 (minimum donation)

SATURDAY OCT. 13

- Reception
- Dinner
- Silent Auction

REGISTRATION IS ONLINE ONLY

PLEASE VISIT wholelifehealingcenters.org

Early bird deadline August 31, 2018



"Yoga allows you to rediscover a sense of wholeness in your life, where you do not feel like you are constantly trying to fit broken pieces together."

-B.K.S. Iyengar

"Action is movement with intelligence. The world is filled with movement... What the world needs is more conscious movement, more action."

-B.K.S. Iyengar



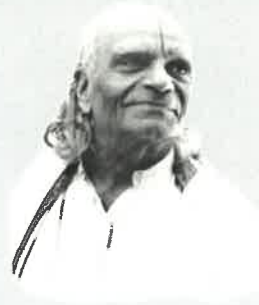
"Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life."

-B.K.S. Iyengar



"I have been teaching people how to use the body for meditation. No medicine is authentic until it brings the body to a hyperbolic state of inner equilibrium."

-Fr. Joe Pereira



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(In alphabetical order)

4th Dimension Sobriety
AIS- Allied International Support, LLC
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Bence Family
Blessings Kombucha
Circle Center Yoga, LLC

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Mr. Dennis Klumb & Ms. Donna Klumb
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**FOR MORE INFORMATION AND REGISTRATION
PLEASE VISIT wholelifehealingcenters.org**

Designed by Chelsey Bence & Zeliha Öztürkkan. Printed by Allied Digital Photo.