

# *The Yogic Path of Pleasure*

*Presented by Madhuri Martin and Jia Gottlieb MD*

This six-week intensive will take your yoga practice to the place of pleasure, in all of its manifold forms ~ physical, emotional, mental and spiritual; transforming struggle into ease, self-doubt into equanimity, and pain and suffering into joy and fulfillment. Through specific asana, pranayama and meditation practices, you will discover how to precisely locate and align the pleasure centers of the body. You will examine your personal and cultural conditioning and confusion around pleasure; using these insights as a means for freeing yourself to enjoy life more fully. Welcome to the äsis™ experience: transformation through pleasure.

## ***Take your yoga practice to the next level:***

- Experience the secret yogic path of ecstasy
- Learn how to harness your desire
- Transcend the Myth of discipline
- Expand your capacity for pleasure
- Fill your life with more love and joy than you ever thought possible

**Where:** Vital Yoga ~ Highlands

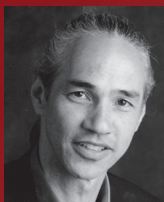
**When:** 12:30 - 2:30 Fridays  
Feb. 12th - March 19th

**Cost:** \$180

**Contact:** Vital Yoga for registration ~  
[www.vitalyoga.org](http://www.vitalyoga.org)  
or 303-477-8545



Madhuri Martin has trained with Shri K. Pattabhi Jois and Richard Freeman since 1986. In 1990 she began her studies with John Friend, traveling with him as his main assistant from 1998 to 2004 - a time of intensive training in the philosophical and structural genius of Anusara® yoga . In 1999, Madhuri was introduced to the brilliant author and master of eloquence and story-telling, Martin' Prechtel. One of the nation's foremost teachers of indigenous art and cultural understanding, Martin' has guided Madhuri's passion for authenticity, nobility and legitimacy through the historical and geographical diversity of perspectives and peoples.



Jia Gottlieb has been a pioneer in holistic medicine for over 25 years integrating insights from his broad-based training in physics, medicine, and Chinese acupuncture, as well as, a life-long practice of yoga, Zen meditation, and martial arts. Among his patients he is known as a physician who authentically lives and breathes his philosophy of medicine.