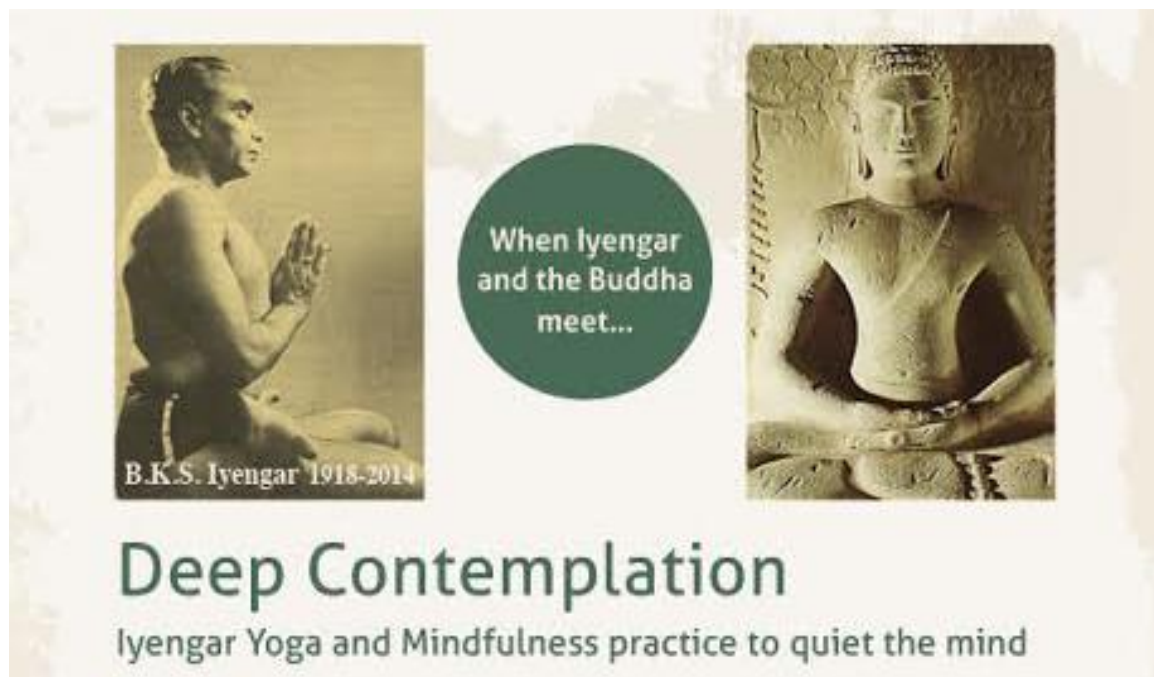


Deep Contemplation



Iyengar Yoga and Mindfulness practice to quiet the mind

When Iyengar and the Buddha meet...

Thursday to Saturday, January 18-20, 2018

At [Moa Oasis](#), the Arava, Israel

Hosted by Dr. Eyal Shifroni and Dr. Keren Arbel

Open your body and calm your mind!

We invite you to a unique workshop that will combine intensive *asana* practice in the Iyengar method (led by Eyal Shifroni), with the study and practice of mindfulness meditation (led by Keren Arbel).

Iyengar Yoga practice will be led by Eyal Shifroni and will include the use of props in the spirit of the books *A Chair for Yoga & Props for Yoga*. Meditation talks and practice will be Led by Keren Arbel PhD.

There will be three tracks of Yoga classes:

- Advanced – by Eyal
- Intermediate – Michal Chinkis

- Beginners

Beginners in yoga and meditation most welcome to join!

About the Workshop

The workshop will take place in Moa, a beautiful oasis in the Arava desert (between the Dead Sea and Eilat, Israel). The special location and the isolation of the desert's winter atmosphere create a space of peace and reflection and enables to deepen the practice. To facilitate this we will observe noble silence during parts of the workshop.

We will discuss similarities between the Buddhist teaching and the Yoga tradition and learn how to apply these insights in our ongoing *asana* practice as well as in our daily lives.

About Eyal



Eyal practices Yoga since 1978 and teaches Iyengar Yoga since 1985. As a Senior-Level teacher, Eyal directs the "*Iyengar Yoga Center of Zichron-Ya'akov*" in Israel and conducts Yoga workshops in Israel and around the world.

About Keren

Keren practice Buddhist meditation since 1997 and teaches mindfulness and Vipassana meditation in "Tovana": the Israeli Insight Meditation Society. She also teaches Buddhist philosophy and psychology at Tel Aviv University. Keren's website: <http://kerenarbel.com>

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