

## M YOGA One year anniversary event Miles Maeda Weekend Yoga Retreat in Kanazawa



**Date:** Saturday, April 14 to Sunday, April 15  
April 14, 18:30-20:30 Integration Yoga Workshop  
April 15, 9:00-12:00 Detox Yoga Workshop

**Place:** Yuwaku Sosaku no Mori (About one hour by bus from Kanazawa Station)

**Cost:** Inside ( ) shows the early-bird discount for those who register by the end of March  
Integration Yoga Workshop: 4,000 yen (3,500 yen)  
Detox Yoga Workshop: 5,000 yen (4,500 yen)  
Both workshops: 8,000 yen (7,000 yen)  
Both workshops plus overnight stay and two light meals: 12,000 yen (11,000 yen)

### Integration Yoga Workshop “The science of the nadis, bandhas and chakras”

In this workshop, we will explore exercises to gain awareness of our subtle anatomy. We will do pranayama to strengthen the bandhas as well as learn a powerful mantra to clear and energize the chakras. Finally, we will do a yoga set designed to integrate subtle awareness with a physical asana practice. The practice of yoga opens many doors. And if it's time to go deeper, the tools to help you do the work are right there inside of us.

### Detox Yoga Workshop “Spring cleaning for the mind, body and soul”

In this workshop, we will introduce yoga asana designed specifically to heal the digestive system which, if not working properly, is the cause of many illnesses and diseases. We will also learn to use the breath and meditation to heal the major organs and release burdensome thoughts and negative emotions. Finally, we will look at a few suggested yogic cleanses which will aid in our body's natural desire and ability to repair and heal itself. If we simply lighten the load we place on our bodies and minds, our yoga practice will bear the fruit that will nourish us deep within and eternally without.

### About the instructor:

Miles Maeda has been a teacher of yoga and meditation for the past 16 years. He has developed practice centers in Chicago, San Diego, Portland and Long Beach, and has worked with students all over the world. Miles specializes in the practical application of yoga in daily life, creating with his students intentional focus in health, education, creativity and community. Miles' comprehensive training encompasses the evolving styles of yoga as they have existed on the planet over the past 18,000 years. His intensive studies range from the classical Indian yogas (Hatha and Kundalini Yoga) to the Asian martial arts (Tao Yoga) to the ancient schools of Central Asia (Tibetan/Bön Yoga, Tantra, Sufism). He continues to enrich his education and experience through new integrated movement systems like Pilates, GYROTONIC® and GYROKINESIS®. As an educator, Miles offers teacher training through the World Evolution school of yoga as an E-RYT/RYT 500 certified teacher with Yoga Alliance. His current classes and workshops introduce the rich diversity of yoga styles and provide useful applications for practice in every day life. Ultimately, as a teacher, Miles' goal is to be an example of what he teaches as well as to create opportunities for students to deepen their experience, understanding and connection to practice.



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