



14th - 21st June & 21st - 28th of June 2014

Danny Paradise

www.dannyparadise.com

Hop aboard for a week or two of Ashtanga Yoga with one of worlds most renown Yoga Teachers

Danny has been practising Ashtanga Yoga since 1976 and teaching worldwide since 1979. He initially studied with the first Western teachers of Ashtanga, David Williams and Nancy Gilgoff. Danny learned the beginning and advanced sequences from them over five years and has studied with Sri Patabbhi Jois in 1978 and 1980. Since 1979 Danny has introduced all levels of the practices of Ashtanga Yoga to students and teachers worldwide. He has also introduced the Ashtanga practices to world renowned artists, musicians, dancers, Buddhist Lamas, actors and sports champions, like Madonna, Sting, Pearl Jam, John McEnroe, just to name a few.

Danny passes on ancient traditions in a non-dogmatic, contemporary, compassionate, humorous way. His purpose is to help people develop a sacred, safe, meditative, healing, joyful, expanding, pain free, personal self-practice. Danny teaches all the Ashtanga Sequences with emphasis on an expanding evolving practice. He shows derivative poses, modifications and variations within the structure of all the sequences of Ashtanga Yoga. Classes include Pranayama, Asana, and open discussions.

He incorporates several indigenous spiritual traditions into the practice and philosophy of Yoga, relating Yoga to all Shamanic nature-based cultures.

Danny is also a musician, songwriter and performer.



In this week we will be cruising aboard the latest addition to the Yoga Cruise fleet, the Admiral, a beautiful wooden 3-master. One week Yoga Cruise including the Yoga sessions, accommodation, breakfast, lunch, tea time and dinner for € 1250 per person in a shared cabin.

For more information and availability, please contact: kathja@yogacruise.net

See many pictures from the 2013 Paradise cruise here: <http://tinyuri.com/DannyParadise>