

Dear TCN Members,

As a fellow TCN member enjoying yoga in my daily life I invite you to participate in a FREE upcoming yoga class with a world renown teacher and friend of mine, Danny Paradise.

An Introduction to ASHTANGA YOGA: with Danny Paradise and Reema Datta

Date: Saturday, July 7th. Time: 10am - 12pm

Location: Yogaview Studio, 2211 North Elston, Suite 200 (Elston and Webster)

YOGAVIEW was recently selected by Travel and Leisure Magazine as one of the top yoga studios in the world, see www.yogaview.com

This class is for all levels of students from beginning to advanced practitioners. No prior experience necessary. Meet Danny Paradise and Reema Datta and experience yoga in a supportive and non-competitive environment. This class is FREE for TCN members and friends and being sponsored by Heather Becker and The Chicago Conservation Center. Please come and have fun!

Space is limited-so please RSVP soon to heather.b@chicagoconservation.com



Danny Paradise has been practicing Ashtanga Yoga since 1975 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. Danny has also studied and practiced with Yoga teachers and Spiritual guides in many other lineages and traditions as well as teachers of Kung fu, Tai Chi and Karate. For over twenty-five years 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. He incorporates several indigenous spiritual traditions into the practice and philosophy of Yoga, relating Yoga to all Shamanic nature-based cultures. Danny draws from the teachings of Krishnamurti, Buddha, ancient Egypt as well as many Indigenous Cultures: Hawaiian, Mayan, Native Americans... Danny passes on ancient traditions in a non-dogmatic, contemporary, compassionate and humorous way. Please visit www.dannyparadise.com



Reema Datta was born into a family of yogis. She has studied many forms of yoga including Ashtanga, the techniques of Dharma Mittra, Pranayama, Mantra, and Sanskrit. Reema developed Teacher Training programs for San Francisco based center, "It's Yoga," and has taught with Danny Paradise worldwide. She is co-author with Leza Lowitz of "Sacred Sanskrit Words" (used in the yogaview teacher training) and recently completed a CD of Sanskrit chants. Reema created the Usha Yoga Foundation which gives scholarships to Yoga teachers (and those wanting to become Yoga teachers) to teach in places that have little or no access to Yoga. This includes hospitals, nursing homes, battered women's shelters and remote regions of Africa and Asia. Reema studied International Affairs at Vassar College and The London School of Economics (MSc). She worked for the United Nations in New York and researched women's roles in villages in North India. She enjoys this time in her life to explore and share the process of building empowerment from within. Please visit www.ushayoga.org