

Publication - Metropolis
 Issue - 2007/9



In a two-day, two-part series on September 29-30, **YogaJaya** in Ebisu will host a tantra, meditation and back-bending workshop by instructor Matej Jurenka, who travels the world teaching the most advanced level of Hatha yoga. Using yoga and tantric techniques, the first day will focus on awakening chakra and back-bending *asanas* (poses), while the second day will move into more advanced posture work to release blocked energy. Jurenka aspires to share his "knowledge with other people and help them to get in touch with the more precious, higher self... It is through yoga that we need to

expand our consciousness and use this higher knowledge to increase the spiritual awareness on our planet." Jurenka will also host a yoga asana performance during an event called xChange, produced by Koko Niwa and YogaJaya, on September 29. **Sep 29-30, 8-10:30am. Single session: ¥6,000; both sessions ¥11,000 at YogaJaya. 1-25-11 Ebisu Nishi, Shibuya-Ku. Tel: 03-5784-3622. Nearest stn: Daikanyama. www.yogajaya.com. For more information about Matej Jurenka, see www.jurenka-yoga.sk/en.** ☎