

YOGA SCIENCE AND EVOLUTION

EVENTS & TRAININGS



A M I R J A A N



MEDIA PACK

FOR FURTHER INQUIRES AND TO BOOK AMIR

**INFO@AMIRJAAN.COM**





## AN INTRODUCTION



Amir's fascination in the White Tantric Temple Arts began over 25 years ago. These are energetic practices that establish, strengthen, and sustain optimum health; physical, mental, and emotional.

Amir's years of teaching with the general public, charities supporting people in recovery, young offenders, and private consultations for those with particular and/or special needs, have contributed to the breath of his experience.

Amir's specialist knowledge in the field of Humanology has forged him into a powerful instrument to assist those with a desire or need to approach character and health reformation, in an organic, safe, and self-healing way.

The many years of teaching have refined Amir's intuitive observation and sensitivity to what is required in each moment for each of those present in the theatre in which he shares his work.

Amir's ongoing inquiry and investigation around ideas, science, physical and spiritual anatomy and the way they all work together have led him to develop fusion of yoga practices. These incorporate exquisite music and cross-pollinate complementary practices from a variety of wisdom traditions.

The practices are both experimental and experiential; producing a practical and functional toolkit to help mitigate the stress and tension of modern life. It is a practice that is simple, achievable, sustainable, and effective. It is important to Amir that his classes are accessible and available for everyone regardless of tradition, experience, age, and physical ability...





## CLASS OPTIONS



### **Kaizen Medizen** a series of contemporary workshops

All the material in these workshops have been carefully selected to form a rich collection, collated from the akashic oracle of human history. Learn to move in through & beyond the senses abilities into the stillness and silence of the forever. These workshops essentially represent a collection of fascinating & simple ideas, thoughtful notions, and practical exercises. These are borrowed from the mystery schools of ancient yogic traditions, as well the established wisdom of the original oriental healing arts.

These concepts are gently infused together by Amir with a particularly refined form of practical & precise, yet poetic language. This is complimented by a healthy dose of good humour, exquisite music, prolonged moments of silence - complimented by stillness, divine poetry, and guided meditations. A whole raft of specially recorded sound scape's and high vibrational instruments open up dream like altered state of consciousness and serve to purify the atmosphere~ creating an ambient crucible in which realisation, deep relaxation and meaningful transformation can organically occur.

The overarching themes in these workshops are specifically designed with the intention to "peel back the layers and layers of personality issues," psychological paradigms, and preconditioned systems of belief that have been encrusted onto our minds by our education / miseducation.

This work is a genuine attempt to reveal the "real you," naked as a flame, innocent, invisible, and ultimately immortal.

Let's Dream Awake these Healing Vibrations... together.




## The 4 Aces



The 4 Practical Pillars of a Peaceful, Prosperous, Authentic and Spiritually Mature Character.

This series of workshops is a moment to pause and reflect on the contemporary issues arising out of the constantly evolving personal and social issues around modern Self identity, crisis, relationships and responsibilities & routines...

The primary approach to this work is based on an experiential exploration of four simple but effective principles comprising themes for deeper inquiry:

-  Awareness
-  Self Authority
-  Autonomy
-  Authenticity

Amir presents the material for these workshops in a style of serious and technically accurate, well considered series of Experiments. These experiments are conducted playfully through the lens of self awareness in the laboratory of the body mind, and of course under the close and quiet observation of our higher self.

This creates a fun and interesting way to engage with self enquiry and self investigation of the essential nature and notion of the self. We do this in a way that represents an honest attempt to loosen the knot of over identification with old ideas, thoughts, words and actions that are no longer in harmony or alignment with our current Highest Vibration / Resonance.

This work serves to both illuminate and demonstrate the synergy between these seemingly simple principles, as well as the structured methods that underlie the science & practice of yogic exercise. These workshops assist the participants in developing a personal and practical tool kit for establishing and sustaining a more Peaceful, Prosperous, Authentic and Spiritually Mature Character.



## The Fire Dance



A dynamic workshop designed to fire up your blood, your senses, and your passion for life. Infusing contemporary music with a combination of simple repetitive yogic exercises to get you moving in many different, fun, and interesting ways.

This is a seriously playful way to get out of your mind; cultivating happiness and at the same time deeply connecting with breath and body. The simple goals of this experimental & experiential workshop are to super charge the blood stream with oxygen, to lubricate the joints to encourage the birth of new, good and healing chemistry, and to have fun learning the basics of movement as meditation.

EXPECT -The best contemporary tribal beats to get high as a kite on prana. Stimulate and open all the nervous and vascular pathways to the brain. Smile, Sing, Sweat, Laugh, Play & Dance until you drop and disappear in to a deep deep Savasana. Awaken revitalized; to a new, better, and happier version of you.

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## Yindalini Workshop



A series of contemporary workshops that "Work" to both engage and support the necessary and powerful transformative process of rapid self evolution. In this Series of workshops Amir will explain the subtle, delicate and sophisticated but potent way that his unique style, which he calls - Yindalini Tantra - opens you up to the potential for deep physical, mental, emotional and spiritual transformation.





## CLASS OPTIONS

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### Take a Deep Breath



Take a deep breath and enjoy the ride. Both Exhilarating and Unimaginably Calming; this workshop is a Master Class in The Art of Being Alive. This Kundalini Yoga workshop introduces attendees to a variety of powerful breathing patterns used in Kundalini Yoga Practice and will assist in understanding and developing the technical methods necessary to deepen your experience and redeem the Maximum Benefit from your practice.

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### The Devine Romance



Explore the physical and spiritual anatomy of the five major tenants of Kundalini Yoga practice: Pranayama (breathing techniques), Mudra (special hand gestures), Bhandas (energetic body locks), Static & Rhythmic Asana (physical posturing), and Meditation (the art of focusing ones attention).

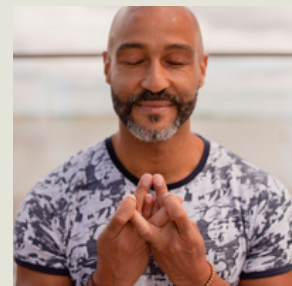
The fascinating way in which these disciplines are woven together in the formal practice of Kriya Yoga cultivates a powerful harmonic frequency that flows freely in a majestic figure of eight between the body and the mind giving birth to the observable process of accelerated evolution.



The following images are to be used for promotional material - both analogue and digital.

Upon agreement said images may be slightly altered in coloration.

The following are samples of high resolution images, if you wish to utilize these images for promotional reasons in agreement with Amir Jaan Yoga, please contact [info@amirjaan.com](mailto:info@amirjaan.com)



### Studio Workshops

70/30 Split after costs  
*(see terms on next page)*

### Public Event

Per Day: 2,000 EUR

### Retreats / Private Events

Per Day: 1,000 EUR

### Private Lesson

*minimum 2 hours*

Per Hour: 150 EUR

### Semi Private

*(3 or more people)*

150 EUR per person per hour

Any applicable travel and associated costs, including food and accommodation- to be covered by client

## TERMS

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### Expenses

*to be covered by client / event*

Travel: 250 EUR within Europe, 1,000 EUR Outside Europe  
in addition to Accommodation & Food

### Workshops

*these are the minimum costs that are required for Amir Jaan Yoga's services. The agreement states that once these minim costs are covered, the agreement then shifts to a 70/30 split.*

Minimum 500 EUR for 3 hours (one session)

Minimum 1,000 EUR for 6 hours (two sessions)







## BOOK AMIR

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*Please Contact*

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