

**To:** Jeffrey Epstein[jeevacation@gmail.com]  
**From:** Urban Zen Foundation  
**Sent:** Fri 4/24/2009 1:23:41 PM  
**Subject:** Richard Rosen Workshop hosted by Urban Zen

APRIL 30, 2009

9am – 12pm

Though Modern Yoga has roots in traditional Hatha Yoga, it's a relatively recent innovation. Its origins can be traced to the early decades of the twentieth century, and the efforts of a few Indian teachers who set out specifically to popularize what was then a dying practice.

What is traditional Hatha Yoga really all about? Is it, as it's often claimed, merely a physical practice that prepares the yogi for spiritual work? Or does it have itself a spiritual goal? Who were the men who changed the practice, and how is Modern Yoga different from its traditional counterpart?

In this workshop we'll first talk about these questions and then step back in time 350 years for a first-hand experience of traditional Hatha Yoga, based on the teachings of the Gheranda Samhita (Gheranda's Collection). We'll practice some of the 32 "most useful" asanas of the more than 8 million said to be taught by Shiva, as well as traditional pranayama, energy seals (mudra), and meditation techniques.

**TICKETS**

\$60 in advance. \$80 at the door.

[PURCHASE TICKETS ONLINE](#)

For more information please visit our website [www.urbanzen.org](http://www.urbanzen.org)



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