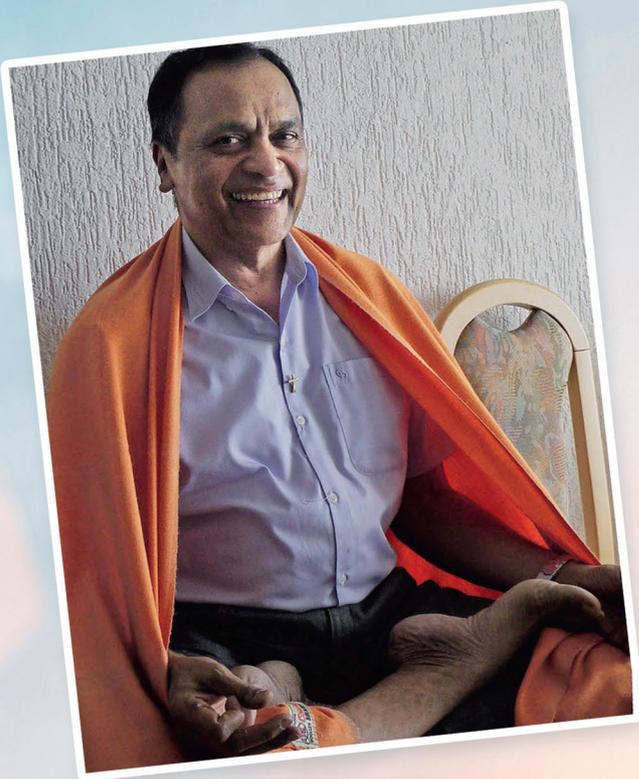


FR. JOE PEREIRA & IYENGAR YOGA



Fr. Joe Pereira is the founder and Managing Trustee of the Kripa Foundation, founded in 1981, which is devoted to the care, support and rehabilitation of those affected by Chemical Dependency and HIV & AIDS. He has facilities all over India as well as in Europe, Canada and the USA.

He is widely known as the “Singing Priest”; he holds a Master’s degree in Psychology & Philosophy from the University of Bombay as well as other Licentiate and certifications from various institutions in India and the States. His most cherished Academic achievement is his decades of involvement with Yoga, first as a patient, pupil and practitioner, then in later years as a Certified Trainer and in recent decades as a friend, associate and an International Mentor of the Guruji B.K.S. Iyengar School of Yoga, Pune.

Fr Joe is the recipient of many awards in his 36 plus years of dealing with the marginalised. To mention a few, a Life time award by the President of India (2014), Mother Teresa Memorial National Award (2009), International Yoga Journal “Karmi Yogi of the Year” (2007).

WHAT IS IYENGAR YOGA?

Iyengar Yoga was developed by the late Mr B.K.S. Iyengar. It is based on the teachings of “The Yoga Sutras of Patanjali” that was drawn up over 2000 years ago in India. Patanjali states that yoga helps to understand the mind and as a consequence frees one of suffering. Emphasis is placed on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). Strength, mobility and stability are developed through asanas.

Mr Iyengar introduced the use of props such as chairs, blocks, blankets, straps, bolsters, benches and walls. These props help students attain ideal alignment; people of all ages are able to perform the asanas with ease without subjecting themselves to injury. Benefits gained from the use of props – heal an injury, tone the body, remove fatigue from the body and mind and replace it with energy. More information on this technique can be obtained from his book “Light on Yoga”.

Iyengar Yoga belongs to the Alternative Medicine stream. The Parameters of health management depend not on Treatment but Healing. Our bodies never tell lies and so by learning to listen to the body in a manner in which Iyengar Yoga does, leads one from simple relaxation to what is called “Remembered Wellness” and finally what scientists call the “Faith Factor”. It is based on the Eastern system of qualification called “Guru Shishya Parampara”, namely a teacher-disciple tradition in Indian culture. In Sanskrit “shishya” means “student of the guru” and “parampara” an uninterrupted succession. It is the method of passing knowledge orally from gurus to students.

Dr Herbert Benson, a Harvard Professor has endorsed this form of treatment and more can be read in the many books he has written. Suggested reading: Relaxation Response, Beyond Relaxation Response, Maximum Mind, Quantum Healing and The Breakout Principle.

Fr Joe will be visiting Australia in November 2018. He will be holding workshops in Melbourne (Yarraville) on the 17th-18th November and Sydney (Marrickville), 24th-25th November.

