



House of Yoga & Zen

By Jack Fisher

Here on Maui and around the world House of Yoga & Zen is a magnet for Ashtanga Yoga practitioners. Classes in the tradition of Sri K. Pattabhi Jois, founder of the Ashtanga Yoga Research Center in Mysore, India, have been held daily (except for Saturdays and "moon days") since its completion and dedication in 1987.

Hundreds of visitors from the four corners of the Ashtanga universe have spread their mats alongside Maui resident *yogin*, sat in meditation for five minutes (the "Zen" part of the name comes into play), chanted the traditional opening prayer, and gone on to either a conducted class or to practice in the traditional "Mysore Style," where beginners, intermediate and advanced students proceed at their own pace at all levels of practice.

The studio is in a private Upcountry Maui setting, surrounded by greenhouses growing organic tomatoes; mature avocado, banana, papaya and coconut trees also abound. Solidly built from old-growth cedar, HYZ has hosted a pantheon of stellar Ashtanga Yoga teachers over the decades.

Owner and Director Nancy Gilgoff conducts classes regularly when she is home on Maui, teaching in the manner transmitted to her directly by Sri K. Pattabhi Jois (Guruji). When Nancy is off-island sharing her knowledge in other parts of the world (in Hawaii we call it sharing the *mana'o*) her capable assistants Kathleen "Casie" Tavares and Keiko Armstrong are in charge.

With many senior resident students in regular attendance, HYZ is at once a warm, inviting place for visitors to practice, and a storehouse of Ashtanga Yoga history and knowledge.



