



**BANDO YOGA
SYSTEMS**
SAYAJI KELLEY



**BANDO PANTHER
SYSTEM**
SAYAJI LAYTON



**BANDO EAGLE
SYSTEM**
SAYAMAJI MESTER

ANIMAL SYSTEMS & YOGA CLINIC

April 19-21, 2024 | Camp Inagehi - Douglasville, GA



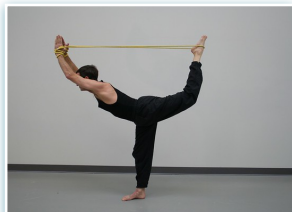
This **ABA sanctioned clinic** will provide a focus on the **Yoga, Eagle, and Panther systems** of the ABA/NBAA. Participants will be able to choose a track for the weekend to explore the system they wish to focus on. Yoga ONLY can be chosen as a focus.

Bando Yoga develops and enhances the 6 S's -- strength, stability, stamina, speed, suppleness, senses. Therefore, each day will start with a short group yoga session to prepare the body for the days training after which the participants will break off into groups.



Yoga participants will spend the entire weekend focusing on Bando Yoga and exploring elements of **Dhanda** and **Longyi Yoga**. All others will choose to focus on the **Bando Eagle System** or the **Bando Panther system**. These tracks will explore the philosophy, principles, and practices of the respective system.

Bando is a **multifaceted martial system** that includes empty-hand systems, weapon systems, and yoga systems. **Grandmaster Maung Gyi** has always stated, **at the heart of the Bando system is the Yoga that we do**. It develops the base attributes needed to perform all of the basics in any martial system as well as the basics of everyday life. All students and ranks are invited to attend.



Anyone that "already" knows the Panther or Eagle form and is anticipating competing at this years May Nationals, will be given extra time for questions or critique.

**Solo travelers will have an opportunity to connect with others for carpooling, ride share to/from the Airport, lodging, etc.*

FULL CAMP FEE (3 Days)

ABA Members: \$100 advance / \$150 at camp

Non-ABA Members: \$150 advance / \$200 at camp

ONE DAY CAMP FEE (Saturday 8am-6pm)

ABA Members: \$50 (includes lunch)

Non-ABA Members: \$65 (includes lunch)

Register/pay by Mar. 20 for best rate.

Payments will be possible via PayPal at bandoyoga.com or via check — contact for US address.

***NOTE:** you can join the ABA's Annual Associate Membership for \$50 and only pay \$100 for the Camp. Receive news, info, reduced pricing for camps and clinics, and more! Join Today >> <https://americanbandoassociation.com/join-the-aba/>
Camp fee includes food & lodging. Camp Inagehi is approx. 30 miles from Atlanta Hartsfield International Airport. It is equipped with recently updated facilities and includes 8 person cabins, showers & bathrooms.

Learn More - <https://bandoyoga.com/>

More information about the specific Animal Systems of Bando can be found at
<https://americanbandoassociation.com/bando-systems/animal-systems/>

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