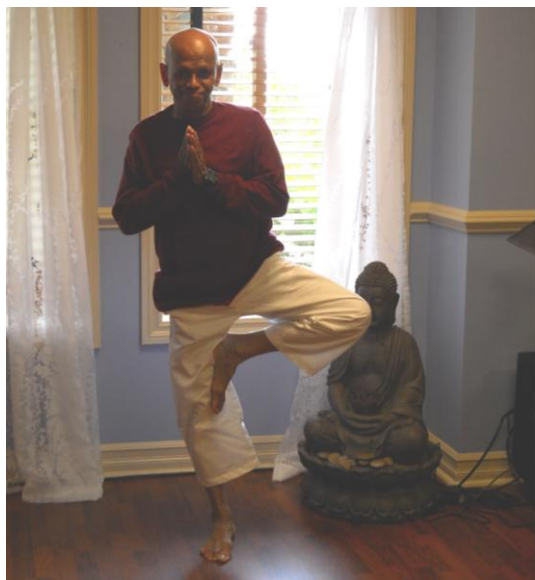


# Special Yoga Training Workshop



**Saturday, September 24th  
9:00am-1:00pm**

## **Yoga Training Workshop with Rama**

**(The Complete Yoga Workshop)**

In the Yoga Sutras written 2500 years ago, which is a superb text of yoga psychology and an instruction manual for life, sage Patanjali covered eight important limbs of yoga by learning which students of yoga will expand their knowledge and benefit immensely.

This workshop will help you connect to your innate wellspring of bliss initially through asanas (postures), explore the more subtle aspects of yoga such as pranayama (breathing techniques to enhance breathing capacity), kriyas (purifying techniques) which open pathways of the body, mudras, bandhas, relaxation, and meditation, and understand the broader spectrum of the various yogas: hatha yoga (the yoga of asanas, karma yoga (the yoga of service), bhakti yoga (the yoga of devotion), Jnana yoga (the yoga of self-inquiry), Nada yoga (the yoga of music) and Raja yoga (the royal path of yoga which include the eight limbs of yoga as expounded by Sage Patanjali). Whether you are free of any health problems, or suffering from body or mental ailments, suffer from indecisiveness, incompleteness, worries, anxieties, lack of energy, depression, frustration, this workshop will be of help to you in learning to lead a life of health, happiness, and joy.

The workshop will draw references from the ancient texts such as the Bhagavad Gita, the Upanishads and also Patanjali Sutras, will include the practice of yoga Nidra (a deep relaxation technique) as expounded by Swami Satyananda Saraswathi and conclude with a brief meditation.

This workshop will benefit both **serious students as well as yoga and fitness instructors** who want to expand their knowledge of yoga beyond the asanas, reduce stress levels and anxiety, realize the benefits of meditation, and share such knowledge with others.

Participants please be advised to come with an empty stomach, enthusiasm, an open mind, and go back with a sense of well being, calmness, and clarity.

**\$25 Members**

**\$50 Non Members**

**Sign up at Member Services – 973-827-2222 x 3**