

Classical Yoga ^{with} Chandra Om

Maha Sadhana : The Great Practice

Asheville Yoga Center : February 19 - 21, 2010



Part of our 500 YA Advanced Studies \$225 for entire three-day weekend

- Divine Secrets of Yoga Purification
 - Shiva Namaskar Vinyasa (Levels II-III)
 - Pranayama, Concentration & Meditation Practices
 - Intermediate-Advanced Powerful Vinyasa Practice
 - Satsang, Psychic Development and Yoga Nidra

Yoga Master Chandra Om will offer three amazing days of teachings encompassing all limbs within the classical system of Yoga. This will be a comprehensive and wide-ranging program for both students and teachers alike. Chandra Om is the Senior teacher of Sri Dharma Mittra and the Director of the North Carolina School of Yoga. More about Chandra at ncschoolofyoga.com

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