

MAHA SADHANA

JOURNEY OF YOGA ABSORPTION with Chandra Om

Saturday & Sunday, September 13 & 14



Join Chandra Om, Senior teacher of Sri Dharma Mittra and the Director of the North Carolina School of Yoga for two amazing days of Master Classes comprising "the best and most effective methods of Yoga". These Master classes are designed to help students progress quickly along their path of Yoga. The Divine active ingredients include the inspirational Shiva Namaskar Vinyasa sequences, specific pranayama practices, concentration and meditation, mantra, purification, psychic development, satsang, and most importantly Yama, "without which there is no success in Yoga". These practices promote harmony within all the koshas so an integrated state of radiant health is achieved, bringing one closer to the true Self within the heart. Chandra infuses the teachings of Yama, dispassion, reverence, surrender to the Lord, and love throughout the session. Kindness, patience, humility, fortitude, humor, selfless service, ahimsa (non-killing), and unlimited love, compassion and understanding for all will be shown to all participants, and students at any level can lose their fear and become steadfast Yogis in this practice.

The effects of Chandra's classes are remarkable and life changing. Students and teachers from around the world are forever changed by the simple, ancient teachings which embrace all aspects of the science of Yoga, from the physical to the esoteric. Chandra is a true living Yogi, a rare gem in the world of Yoga today. Her approach and teachings are loved by all Yogis, and strike the hearts of all who attend sessions with her. Chandra has initiated thousands into the Holy practice of Yoga, and emphasizes "complete surrender to the Lord, without this, there will be no success in Yoga". For more information on Chandra or to learn more about her teachings, please visit www.ncschoolofyoga.com.

Workshop Schedule

Saturday, September 13

8:00am-11:00am

Shiva Namaskar Vinyasa Master Class

All Levels

\$50 pre-registration / \$60 (after Aug 20)

1:00pm-4:00pm

Yogic Secrets of Purification

All Levels

\$45 pre-registration / \$55 (after Aug 20)

Sunday, September 14

9:00am-12:00pm

Shiva Namaskar Vinyasa Master Class

All Levels

\$50 pre-registration / \$60 (after Aug 20)

1:00pm-4:00pm

Pranayama, Divine Meditation & Psychic Development

All Levels

\$50 pre-registration / \$60 (after Aug 20)



"Better than attending all the classes in the world, with all the teachers, is to spend just one moment with Chandra."

~ Sri Dharma Mittra

Asheville Yoga Center

239 S Liberty St

Asheville, NC

(828) 254-0380

www.youryoga.com

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Workshop Details

Morning Programs

Shiva Namaskar Vinyasa Series

Saturday 8:00am-11:00am

Sunday 9:00am-12:00pm

Shiva Namaskar Vinyasa series is a stairway to bliss that reintegrates the continuous flow of prana (cosmic energy) through the spinal column, emanating deep into all areas of the physical, metabolic, intuitive, and bliss body. The Divine active ingredients in this amazing session include carefully selected vinyasa sequences (asanas), breathings (pranayamas), purification/cleansing techniques, meditation with powerful and efficient methods, and most importantly yama, "without which there is no success in Yoga". This amazing program is loved by students of all styles of Yoga, rooted in classical teachings with contemporary needs in mind. It promotes harmony within all the koshas (layers), so an integrated state of radiant health is achieved, bringing one closer to the true Self within the heart. The carefully selected Yoga postures in the Shiva Namaskar Vinyasa series are inspirational, using sequences that are designed to twist, stretch, manipulate, and gain control of the body. Practice of these asanas strengthens and tones muscles, glands, and internal organs. The postures are performed with slow graceful movements, so fantastic feelings of inner calm and self-control are felt immediately. With regular practice weight problems and disease are gradually brought to an end, health and stamina are attained, and Self-realization can easily follow. The progression flows in a uniquely challenging yet meditative manner. Most importantly, Chandra infuses the teachings of yama, dispassion, reverence, surrender to the Lord, and love throughout the session.



Afternoon Programs

Saturday—1:00pm-4:00pm

Yogic Secrets of Purification

An invaluable cleansing and detoxification program to help purify the mind, the physical body and the subtle astral body of toxic impurities, evoking sattvic thoughts. Chandra incorporates into this program Holy Discourses on the Yamas and Niyamas, the ethical rules necessary for one's practice, understanding and success in Yoga. This inspirational discourse also elaborates on the laws of Karma, and the dietary laws of Yoga. The practice includes ancient breathing and sound techniques, mantra japa, and meditation. Learn and understand the benefits of practicing a Yogic lifestyle. This purification leads to higher states of physical and mental health, culminating ultimately into blissful Self-realization.

Sunday—1:00pm-4:00pm

Pranayama, Divine Meditation & Psychic Development

This program teaches and practices Divinely revealed techniques that will prepare your mind for the serious practice, greatly strengthening the powers of concentration. Learn how to draw your attention away from the noisy restless world and place it within, where the truth lies. Pranayama, the formal practice of controlling the breath, serves as an important bridge between the outward, active practices like asana, and the internal, surrendering practices that lead us into deeper states of meditation. This workshop focuses on controlled Yogic breathing including traditional techniques such as the Alternate Breathing and Breath of Fire, as well as more subtle techniques including Nadi Vibrator, Nadi Stimulator, Closed Circuit and Psychic Current Pranayama. Meditation stimulates the pituitary and pineal glands in the base of the brain, balancing all the systems of the body and Removing the stress of daily activities, calming the monkey mind, promoting one-pointedness of mind.

This program teaches and practices a special series of mental exercises to improve your psychic abilities and learn to project your thoughts. They include specific breathing exercises, powerful mantras and directed visualizations. It will establish the perfect psychic rhythm in order to create mental patterns, which put power behind your thoughts, as well as strengthening your Auric field. These ancient techniques have been passed down only by word of mouth, from teacher to disciple and continue to be taught that way today by Chandra. This technique's final meditation will make personal dreams and desires (of the highest vibration) a reality. You will learn the Mantra for Purification and Mantra for Unification, Purifier Pranayama, Stimulator Pranayama, Vibrator Pranayama, Closed Circuit Pranayama and Psychic Current Pranayama, Visualization and Meditation.