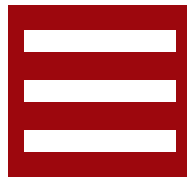


SATYANANDA YOGA®

SATYANANDA YOGA® was developed by Swami Satyananda Saraswati. Grounded in ancient traditions, this system of yoga is adapted to meet the needs of modern society. Satyananda Yoga integrates the whole person with an emphasis on awareness, bringing about change on the physical, mental, emotional, and spiritual levels. Practitioners are encouraged to adopt a balanced approach to asana (physical postures), pranayama (breathing), meditation, and yogic lifestyle. Satyananda Yoga, often referred to as Yoga of the Head, Heart and Hands, can help each of us reach our fullest potential. Satyananda Yoga is suitable for people of all ages and abilities.



SATYANANDA YOGA



Yoga
Academy
North
America

2319 Lee Road, Cleveland Heights, OH 44118
yogaacademyna.org

Swami Muktibodhananda Saraswati's program is
co-sponsored by the Yoga Academy of North
America and the Atma Center.

Please join our mailing lists for updates on events,
newsletters, and monthly inspirations.

Registration information available at:

Atma Center
2319 Lee Road
Cleveland Heights, OH 44118

Phone: 216-371-9760
Fax: 216-371-9780

Email: info@atmacenter.com
Website: atmacenter.com

Gayatri Mantra & Light on Chakras including Swara Yoga

Swami Muktibodhananda Saraswati

July 20-22, 2018



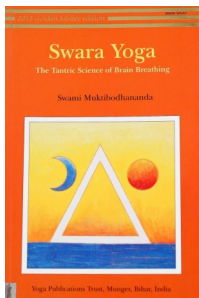
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 **ATMA CENTER**
YOGA FOR EVERY BODY

Gayatri Mantra & Light on Chakras including Swara Yoga

Swami Muktibodhananda

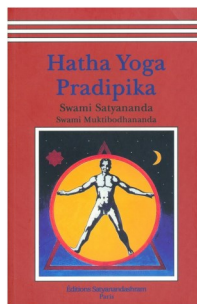
Saraswati is a world-class exponent of the Satyananda Yoga system. She is a yogacharya, or master teacher of yoga, who enjoys teaching ancient yogic practices to a modern day audience.



She started her yoga journey in 1972 and studied under the direct guidance of Swami Satyananda for 10 years in India. During this time she authored *Swara*

Yoga: The Tantric Science of Brain Breathing, and the internationally acclaimed translation and commentary *Hatha Yoga Pradipika: Light on Hatha Yoga*.

Based in Brisbane, Australia, she continues to teach and lecture on the various aspects of yoga and tantra in Australia and abroad.



Solar Energizing with Gayatri Mantra Sadhana

**Friday, July 20
2:30-6:00 PM**

Gayatri mantra can be an essential part of modern life, acting as a healing and protective energy when repeated regularly. During this workshop you will learn various uses of Gayatri mantra including asana, pranayama, mudra, visualization and havan.

Gayatri is a universal Vedic mantra which awakens a person's spiritual consciousness. Traditionally, it is used to expand the consciousness and develop intelligence, knowledge, and wisdom. Learn how to reap the maximum benefits from this powerful practice.

Investment

Friday:

\$60 by 7/2

\$75 thereafter

Saturday & Sunday:

\$160 by 7/2

\$200 thereafter

Register at
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Continuing Education Credit
available for SY Accreditation
and Yoga Alliance.

*Awaken Your
Dormant Potential
and Tap Into Your
Higher Self!*

Chakras: The Wheels that Drive you

**Saturday July 21
10:30 AM-12:30 PM & 2-4 PM**

**Sunday July 22
1PM-3PM & 3:30-5:30 PM**

The subtle activity of the chakras affects our direction in life. This two day workshop explores the chakras from theoretical and practical perspectives. Engage with the chakras through asana and pranayama performed with directed awareness and work with specific chakra mudras. Experience meditation practices which facilitate reflection on the drives associated with each chakras and how they drive each of us individually.

Finally, explore Swara yoga, which enables us to understand the nature of the breath and its influence on our personality. Swara yoga develops awareness of the manifestation of prana within our own being and allows us to appreciate the activity of the chakras.

Take charge and drive your life!