



Kashi School
of
Yoga



OPENING THE THIRD EYE:

Expanding Awareness
and Compassion

with

UMA SIMON

April 24, 2010

1 - 4 pm, \$35

To find out more
about Uma go to
umasimon.com.

Many people think opening the third eye is just a vehicle for becoming more psychic and seeing all kinds of interesting things about themselves and others. While true, it is much, much more. The third eye is actually the gateway of knowing one's connection to their divine spirit. When one sees from the third eye as opposed to physically seeing, one sees how the former can lead to judgment or discrimination and how the latter opens one to compassion and great awareness.

We will explore the many ways in which the third eye can be opened and utilized for greater spiritual in-sight into ourselves and others. Exercises to accomplish this goal will include water, candle and crystal gazing and third eye meditations. Bring a photograph to meditate upon of someone whom you consider your spiritual influence and with whom you desire a closer connection.

Uma has resided as a devotee at Kashi Ashram in Florida for over 31 years giving personal readings to residents and visitors. Guru Ma Jaya has said, "Uma has the gift of divine insight and speaks the truth." Her sense of humor, breadth of experience and compassion contribute to the popularity of her workshops in New York, Atlanta, California and Miami.

**FOR REGISTRATION CALL
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Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**