

A P R I L 3 - 5 , 2 0 0 9

Shakti of the Heart:

Journey Into Abundance and Bliss



with Ma Jaya Sati Bhagavati



Shakti (spiritual energy) is the ultimate path to liberation. To control your senses through the breath is to still the mind and begin to feel the reality of the self. As you go deeper within the self and begin to live within the abundance of love, you look at the world in a deeper way. You begin to love without fear, and there is an opening in the heart where surrender begins. There is a new amount of shakti ready to flow through your being. This is the path to liberation. Once you jump, there is no going back, and the ongoing shakti of bliss sustains you. The aim is not to try to achieve liberation. The aim is just to be and to live in the full glory of your own greatness.

Join us for a weekend intensive with Ma Jaya as she ignites the shakti of the heart and teaches us how to open ourselves fully to the abundance and bliss all around us. Through the ancient practices of yoga, breath awareness and meditation, Ma Jaya will teach us how to open the heart and begin the journey into our bliss.

Ma Jaya Sati Bhagavati is a spiritual teacher, mystic and humanitarian. Founder of Kashi Ashram, an interfaith spiritual community, Ma has been teaching for over 30 years in the lineage of her guru, Neem Karoli Baba. Ma is known for her compassion, her intense spirituality, and her ability to open the deepest realms of the heart.

Darshan: Friday, April 3, 7:00 pm, \$15 donation

Intensive: Saturday and Sunday, April 4-5, 2009, 8:30 am – 4:30 pm

Registration: Contact Kashi Atlanta at (404) 687-3353

Workshop Price: \$325 (includes darshan and lunch Sat. & Sun.)

Early Registration Discount: \$295 with paid registration by March 13

KashiAtlanta
urban yoga ashram

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