

# Kali Natha Yoga

Mon. in May, 7:15 - 8:30pm



**Longhouse Yoga**  
2309 49th Street S., Gulfport, FL

Developed by Kashi Ashram founder, Ma Jaya Sati Bhagavati, Kali Natha Yoga is comprised of many unique flow series that include classical asanas, pranayama, mudras, mantras and meditations. This system of yoga is a profound transformative tool that awakens Kundalini energy, increases flexibility and strength, reduces stress and creates peace of mind.

**Kali Natha Yoga** - Come experience the mystical flow.....

Weaving together pranayama, asanas, chanting, mudras and meditation, Kali Natha Yoga embraces the wholeness of who we are. Encouraging us to stretch into our potential while honoring the wisdom of our bodies, we release old patterns and become more flexible. The movements are deep with meaning and purpose and are taught from the heart.

## **The Spiritual Essence**

Kali Natha Yoga is a path of transformation uniquely suited to our time. It is deeply spiritual in nature. A moving prayer and worship, it is designed to enable the practitioner to experience oneness and achieve a state of union and lasting happiness.

The Mother Kali is the all-embracing Mother who takes the pain and suffering of her children. The Nathas are ancient yogis from the lineage of Lord Shiva. It is this balancing of masculine and feminine that makes Kali Natha Yoga transformative. This yoga awakens the Divine feminine principle of Shakti and moves the practitioner to a deeper self-awareness.

## **The Practice**

Drawing from the ancient mystical practices of classical yoga and Eastern philosophy, Kali Natha Yoga students are initiated into specific flow series that are designed to transcend our physical being, enhance our consciousness and deepen our perception and awareness. Kali Natha Yoga can be practiced by anyone, at any age, and in any physical condition.

**Come experience Kali Natha Yoga at Longhouse Yoga**

**Facilitated by Agni Jaya Starfire & Betsy Vaught**

**Mon. evenings in May 7:15-8:30, \$10 per individual class or \$40 for series of 5 classes**

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**[www.longhouse.info](http://www.longhouse.info)**