

Kashi School
of
Yoga



EMPOWERMENT AND TRANSFORMATION



Exploring the 3rd Chakra With Swami Himalaya

May 8, 2010

1 - 3 pm, \$20

This workshop will teach you tools to embrace the fire of your will power, your intuition, and a new responsibility to nurture and love yourself.

To help you break some old patterns of procrastination or thoughts of unworthiness, and connect more with your higher self, you will learn several breaths and meditations, mantra, mudras, and Kali Natha Yoga asana series.

We will then finish in the spiritual heart center with a new awareness of the breath and sink deeply into that heart space in meditation.

Swami Himalaya is a senior Kali Natha Yoga practitioner and instructor who has experienced the evolution of Kali Natha Yoga since the "early days in Brooklyn". Swami Himalaya emphasizes the importance of bringing spirituality into everyday life and work. The physical practice offers tools for going within to experience the depth and flow of meditative space.

**Wear
comfortable
clothing, and
bring water
to sip**

**FOR REGISTRATION CALL
772.589.1403 x 112**

**11155 Roseland Road, Sebastian, FL 32958
Call 772-589-1403. Visit kashi.org. Shop at mas-india.com**