

The Map of Yoga: The Treasure Is Not Hidden

AN “IN-VESTIGATION” OF YOGA WITH CHANDRAKANT

It's very important to “understand” the way to go
in order to arrive at the destination

This three hour session is designed to “change your awareness about yourself”
through a combination of understanding and experience
to “reset the way” you “in-vestigate” any style of yoga.

This “reset” will include:

- Directions from the “old maps”; yogic texts.
- Specific pointing exercises to enter into the state described as “yoga”.
- Amrit Method Yoga Nidra
- The Integrative Amrit Method “perspective” applied to yoga postures

Where: Red Sun Yoga, 5965 Red Bug Lake Road, Winter Springs, FL

When: Sunday, February 19, 2012, 1-4 PM

Cost: \$25

To Register: www.RedSunYoga.com or call 321-438-0771



Chandrakant has studied and practiced yoga and meditation with Yogi Amrit Desai for over 35 years. A senior teacher and seminar leader at the Amrit Yoga Institute, he is skilled at blending his understanding and experience into simple, engaging teachings. He presents these programs nationally and internationally to both the yoga and corporate worlds, as well as to universities, service and community organizations.

For more information: www.amrityoga.org or email Chandrakant at chandrakant@amrityoga.org