

THE AMRIT METHOD

A CONSCIOUS CROSSOVER

FROM WILLFUL POSTURES TO THE “POSTURE OF CONSCIOUSNESS”

**EXPERIENCE SPONTANEOUS & EFFORTLESS ACCESS TO
THE SOURCE OF YOGA:**

UNION

“RESET” THE QUALITY OF YOUR PRACTICE OF YOGA

**THIS 2 SESSION SEQUENTIAL WORKSHOP IS DESIGNED
TO CHANGE YOUR PERSPECTIVE ABOUT YOUR-“SELF”**

UNDERSTAND CLASSIC YOGIC TEXTS

SEE THE “POINT” OF POINTING EXERCISES

***OPEN THE “SOURCE OF ASANA ***

**This workshop is appropriate for all styles of teaching and practicing
YOGA WITHOUT STRUGGLE LEADS TO LIFE WITHOUT STRUGGLE.**

**WHEN: SATURDAY, AUGUST 7, 3:00-6:00 &
SUNDAY, AUGUST 8, 3:00-6:00**

**WHERE: SOL YOGA CENTRE, 12181 Beecher St
CRESCENT BEACH, BC**

**TO REGISTER: MARITA@SOLYOGA.CA or
604-536-4831**

COST: \$50 (single session \$30)



**Join Chandrakant, Senior
Teacher for Yogi Amrit Desai
and the Amrit Yoga Institute**

Experience the distillation of his more than 30 years of practice and study with Yogi Desai. His simple, engaging teachings are specially designed to help you enter the next level of your practice.