

# **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: FRIDAY, Aug. 27, 6-9pm and  
SATURDAY, Aug. 28, 1:30-4:30**

**WHERE: Santosha Yoga Studio, 14 Bartlett Ave,  
(2<sup>nd</sup> floor) Cranston, RI 02905**

**TO REGISTER: [contact@yogaatsantosha.com](mailto:contact@yogaatsantosha.com) or  
401-780-9809**

**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.**