

Yoga Bharati

(SF Bay Area Chapter, CA)
<http://www.yogabharati.org>

Meditation for Rejuvenation of the Body, Mind & Spirit and Patanjali Yoga Sutras Workshop

by

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World-renowned Spiritual Teacher of Vedanta & Meditation
<http://www.sambodh.com/>



From the book of Swamiji – “Meditation: The Awakening of Inner Powers”:

- Meditation is abiding in the self as a totally happy person.
- A steady mind calmed and focused through the process of meditation converts every disaster into opportunities for growth.
- Doing one's work to the best of one's ability is the starting point of meditation.
- Meditation is not opposed to activity; it is not opposed to thought, but on the contrary, becomes nourishment for our thinking and our activities.
- Activity and meditation infuse energy into one another and create a wholeness of experience.
- Ultimately meditation is a state of total love for everything in the universe.

Meditation workshop will be offered as a combination of theory followed by practice.

Meditation Workshop Details:

- Introductory Concepts and **Dynamic** Meditation.
- Meditative Postures and **Pranayama** to increase inner awareness.
- Ways to activate energy centers in the body using **Mudras** (gestures).
- Special **Mantras** to invoke positive vibrations.
- **Kundalini**, **Ashtanga**, **Surya Gayatri**, **Tantra** and **Vedanta** Meditation techniques will be taught.

Date and Time: **July 6th (Monday) – July 10th (Friday)**, 7:30am to 8:45am

Venue: Sunnyvale Temple, 420 Persian Drive, Sunnyvale CA, 94089

Date and Time: **July 13th (Monday) – July 17th (Friday)**, 7:30am to 8:45am

Venue: Indian Community Center, 525, Los Coches St, Milpitas CA, 95035

Fees: \$50

Patanjali Yogasutras (An Intensive Weekend Workshop)

- Every Yoga Practitioner, should have in-depth knowledge of this foundation text.
- Patanjali gives us the most important techniques in achieving various Perfections

Date and Time: **July 10th (Friday)**, 7:00 pm to 8:00 pm (FREE),

Venue: Indian Community Center, 525, Los Coches St, Milpitas CA, 95035

Date and Time: **July 11th and July 12th (Saturday and Sunday)**, 8:30 am to 3:00 pm

Venue: 48824 Deer View Terrace, Fremont CA 94539

Fees: \$100

Registration: yogabharati@gmail.com (registration is necessary)

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