



Yoga Bharati

(SF Bay Area Chapter)

<http://www.yogabharati.org>



Yoga Bala workshop by Guruji Sri Pattabhiram

Awaken the hidden power of yoga as taught by the masters of the Himalayan Tradition.

Conducted by **Guruji Sri Pattabhiram**
Founder, Spiritual Director of **Sadhana Sangama Trust**
based in Bangalore, India.
Direct disciple of Pujya Swami Rama of the Himalayas
Sri Vidya Upasaka of Sri Vidyanaraya tradition
Visit <http://www.sadhanasangama.org> for details

Venue **Santa Clara City Central Park Library**
2635 Homestead Road, Santa Clara, CA 95051
Phone: 408-615-2900

Date & Time **Saturday, Sept 2, 2006 : From 10 am to 2 pm**
2 Sessions with a break for Lunch in between "
Sunday, Sept 3, 2006 : From 3 pm to 5 pm

The workshop is FREE and Open to Public. (*Donations are welcome*)

Participants are advised to be on a light stomach.

Children above 10 years are recommended for the class.

Participants are also advised to bring along a mat / thick single bedsheet (6x3) for performing the kriyas.

Yoga Bala - Why?

- * Stress is the source of a negative mind
- * A negative mind generates toxins
- * Toxins harden the pranic passages in the glands, joints, muscles and nerves.
- * This deposition of toxins leads to psychosomatic disease.
- * Disease destroys joyous life.

Yoga Bala – What?

- * The Workshop will be in 3 sessions of 2 hrs each consisting of easy but *effective yogic practices* for joints, glands, muscles and nerves.
- * Powerful nerve purifying, health rejuvenating **“Pranava Prana Kriya”**.
- * **“Vishrama Kriya”** - relaxation techniques.
- * **“Chaturmukha Meditation”** for spiritual enrichment

For more information, please contact

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**** Please Note ~ Participants have to make their own Lunch arrangement.**