



DISCOVER YOUR INNER TALENTS

Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda

PUBLIC TALKS AND WORKSHOPS with “Vishwaguruji”

Tuesday, June 2, 7 pm

Thursday, June 4, 7 pm

Tuesday, June 9, 7 pm

In this 3-Part CHAKRAS Workshop we will learn about the Chakras, the energy centers through which the Cosmic energy flows into the human body and which are responsible for our well-being and awakening of the consciousness. The workshop will include lectures, energy purification techniques and meditation.

NIVRITTI PATH Graceful Aging with Yoga

Wednesday, June 3, 10:30 am

This program will help us understand the beauty and importance of the Nivritti Path - the inward, spiritual path. We will also learn how yoga and meditation can be the best companion and efficient tool in maintaining vitality and balance in all stages of our lives.

Pre-registration: \$30 each / 3-part \$80 / all 4 programs \$100

At the door: \$35 each / 3-part \$95 / all 4 programs \$120

YOGA IN DAILY LIFE - NEW YORK

16-05 Francis Lewis Boulevard, Whitestone, NY

718 746 0271 / 917-930-6569

newyork@yogaindailylifeus.org • www.yogaindailylife.org

Yoga in Daily Life is a not-for-profit incorporated association and non-governmental organization with consultative status at the United Nations. Its activities aim to serve humanitarian goals, fostering health, world peace, protection of the environment and all creatures, and tolerance, respect and freedom among religions, cultures and nations.

