

THE AMRIT YOGA METHOD

A CONSCIOUS CROSSOVER PERSONALIZE YOUR POSTURES WITH PRANA

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

**“RESET” THE QUALITY OF YOUR PRACTICE OF YOGA
THIS 2 SESSION SEQUENTIAL WORKSHOP IS DESIGNED
TO EXPERIENTIALLY CHANGE YOUR PERSPECTIVE
ABOUT YOUR-“SELF” THROUGH:**

UNDERSTANDING CLASSIC YOGIC MAPS

DIRECT “SEE-ING” POINTING EXERCISES

***EXPERIENCING THE SOURCE OF YOGA: PRANA ***

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

**WHEN: Thursday, August 26th,
3-6 pm & 6:30 to 9:30 pm**

**WHERE: The Yoga Center 107 E. Main Street
Babylon, NY 11726 longislandyoga.com**

TO REGISTER: Call 631 893 5445

Email: info@longislandyoga.com

Web: <http://www.longislandyoga.com/>

COST: \$60 (single session \$40)



**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.