



Harmony for Body, Mind and Soul

SELF-INQUIRY MEDITATION & PRANAYAMA

AUTHENTIC YOGA TECHNIQUES WITH AMRIT SAGAR

In this course, we gradually progress through the steps to:

- Apply concentration, breath, sound & visualization techniques
- Balance, calm, purify the body, breath & mind
- Observe the inner space & process past events
- Understand and overcome fears, complexes & anxieties.

"When all karmas are purified by fire,
the awakening of pure consciousness occurs."

Paramhans Swami Maheshwarananda

9 Online Sessions via Zoom

Every Monday

7:30 - 8:15pm PST

Starting January 16

Zoom link will be made available via our Facebook page **Yoga in Daily Life Bay Area**

Contraindications: Use caution in cases of depression and various psychiatric disorders

Sessions are no costs