



SATYANANDA YOGA, PRETORIA

Hari Om Yogi's / Yoginis

RE: Yoga course commencing Tuesday 6 September 2011

It gives me great pleasure to announce the yoga course: *In Pursuit of Self Knowledge – a Yogic Path (PART 1)*, which will commence on Tuesday 6 September and run through until Tuesday 6 December 2011. (every Tuesday from 17h30 till 19h00) This course is aimed at those of you wishing to pursue your yogic journey of self- discovery at a deeper level.

If you are interested to join kindly let me know and I will forward the enrollment form to you for your completion. No newcomers will be allowed once the course has started. Potential new comers can join in January 2012 when PART 2 will start and are welcome to contact me.

Content that will be covered:

1. Understanding yourself – an introduction to the yogic path of enlightenment
2. The qualities of a yogi
3. The yogic tree of life
4. The root cause of tension
5. Managing the mind
6. Relaxation – science and practice
7. The healing power of sound
8. The importance of cleansing practices and maintaining a healthy body
9. Integral yoga: managing the mind, energizing the body and harmonizing the soul.

Some benefits of the course:

- Overall improvement of wellbeing
- Learning to manage the mind
- Improved concentration and focus
- Improved circulation
- Assist in restorative sleep patterns
- Improved functioning of the digestive, respiratory, circulatory, reproductive, lymphatic, muscular and endocrine systems

Investment required:

The investment of the course will be R450 per month, payable on or before the first class of the month.

What to bring along to class:

- Yoga mat
- Socks to keep your feet warm when we relax and meditate
- Your journal and pen

I look forward to sharing our journey of continued growth and enlightenment with you.

In Love and Light
Hari Om Tat Sat
Marichen
(Sn Sandhya)

Tel: 0836776677

Email: marichenm@zendegis.co.za