

The Experience of Yoga-
Series of evening classes
with Yoga Master Akhilesh Brahmchari
Nov 30th, Dec 1st, Dec 2nd from 8.00 – 10.00 p.m.



„In Buddhist tradition it is said that the world is misery, the world is sorrow; the Christians have called the world a veil of tears. But I would say that the world is happiness, the world is bliss. We just need to change our perception, for which you need a healthy pain-free body and a healthy mind able to think properly. To have proper thinking you need proper teaching which can enable you to understand what yoga means in the light of Patanjali, the founder of yoga philosophy.“

From the 30th of November through the 2nd of December the Yoga-Master Akhilesh Brahmchari from India will be giving a workshop/series of classes including asana, pranayama, mudras and meditation. In addition he will give interesting lectures on yoga philosophy, explaining the background to yogic techniques, thus illuminating and enlightening the yoga-practice of the participants.

The theme of the classes will be based on Sukshma Vyayam Yoga which is an ancient technique that combines subtle yogic warm-up with gentle stretching, breathing and relaxation. It promotes overall well-being and increased fitness level. Simple exercises, done with awareness, help develop concentration and induce relaxation. In Sukshma Vyayam, there are exercises for every part of the body. It exercises each organ, each joint and each muscle, either through a particular exercise or set of exercises, combined with a specific type of breathing. As well, Akhilesh will instruct participants on the proper way of getting into (and out of yoga) poses in accordance with the Iyengar tradition.

Each class will include soft to strong poses, will incorporate proper breathing techniques, and will end with a relaxation asana.

"Yoga is not a religion, it is a life style, helping you to live healthily and think healthily. Yogic life does not mean renouncing the world, but renouncing the ego, renouncing the prejudices. Yogic life does not mean renouncing pleasures, but rather to enjoy them fully and totally with all our senses, so that we can appreciate the color of a rainbow, the fragrance of flowers, the beauty of a sunset, the tranquility of the full moon. To admire the beauty of the world you need tranquility of mind."

Suitable for all levels. Beginners should not be worried, advanced practitioners can expect to be inspired.

PRICES: EUR 60,- for all three classes, EUR 22,- for single class

**For registration please send email to kontakt@privateyogainstitute.de Please note:
Registrations are only valid upon payment of the workshop fee to the following account:**

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Dresdner Bank Frankfurt, Kto 0092601201, Blz 500 800 00
IBAN DE42500800000092601201, SWIFT DRES DE FF XXX

**Private Yoga Institute, Mörfelder Landstr. 44 (right behind „Südbahnhof“)
in Frankfurt-Sachsenhausen.**