



Spiritual Yoga Workshop

with Suraj Nath Siddh from Rajasthan



Bhakti, Karma and Gyan Yoga

In this workshop, Suraj Nath will be emphasizing the more spiritual aspects of yoga. He will discuss and give practical exercises in Bhakti Yoga (the yoga of devotion), Karma Yoga (the yoga of action), Gyan Yoga (intellect and meditation). He will include some gentle hatha yoga practices, focusing on the spiritual and energetic aspects, for example how the positions relate to the nadis and chakras. He will talk about his spiritual tradition, the Jasnath tradition based on Ahimsa (non-violence), and give some fascinating insights in Tantric philosophy. He will teach the authentic pronunciation and chanting of mantra, for example the Gayatri and Maha-Mrityunjaya mantras. There will be the chance to experience Yoga Nidra (deep relaxation) and he will also include a meditation according to Tantric principles. He will round off a great workshop with Bhajan or devotional singing.

Come together with us to experience Darshan or the divine presence facilitated by Suraj Nath.

Sunday, June 27 2010

10:00 am – 12:30 pm

2:15 pm – 4:45 pm

Price EUR 65



Suraj Nath

Suraj Nath is the Guru or spiritual head of the Jasnath movement, a spiritual tradition that has its home in western Rajasthan, India, dating back to the 15th century. He has experience in the practice of yoga since childhood, having been initiated by his Guru and predecessor as a young child. As a graduate with a Master of Arts Degree in Yoga Psychology he is eminently qualified to reveal the relevance today of the ancient yogic teachings.

Bookings/Informations: Tel 069 - 66 42 68 50
or
kontakt@privateyogainstitute.de

As the number of participants in the workshop is limited, places are reserved based on order of registration. Information will be placed on our webpage immediately should the workshop be sold out. **Registrations are only valid upon payment of the workshop fee**, which is to be transferred into our account **within 7 days of registration** or paid directly in the studio. Please note: Registrations are reserved upon acceptance of payment, however no written confirmation will follow. Cancellations are possible free of charge up to 6 weeks before the start date of the workshop. However, a charge of 25% of the workshop fee will be taken for cancellations up to 4 weeks before the course; 50% for up to 2 weeks. No reimbursement will be offered (also for cancellations based on medical conditions) after this time.

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