

FREE YOGA AWARENESS SEMINAR (2 Hrs)

Siddha Samadhi Yoga (SSY)

Holistic Yoga:

Yoga is much more than mere physical stretches (Asanas).

SSY incorporates Ashtanga Yoga through the ancient principle of Pancha-Kosha-Shuddhi (five sheath cleaning), The training energizes the body, mind and chakras, imparts powerful leadership principles, leading to loving relationships, blissful & healthy life



Natural Food (Annamay Kosha)

Breathing Exercise (Pranamay Kosha)



Samadhi Meditation (Manomay Kosha)



Insights/Knowledge (Vignanamay Kosha)



Happiness (Anandmaya Kosha)



Conducted by

“Rishi Samskruti Vidya Kendra”
(RSVK)

A worldwide non-profit with a mission to awaken mankind to harmony and bliss within

The trainings are available in India, UK, China, Netherlands, Singapore, Lebanon, UAE, South Africa, Switzerland, US, Canada, Japan.

Sun Nov 18
10 AM - 12 PM

Fee: **FREE**

Location:

Sanatan Dharma Temple/
Gandhi room

[15311 Pioneer Blvd, Norwalk,](http://15311PioneerBlvd.com)
[CA 90650](http://CA90650.com)

RSVP: goo.gl/5YyBFE

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