

Siddha Samadhi Yoga (SSY)

Two Day Holistic Yoga Workshop

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 (Annamaya Kosha)



Breathing Exercise (Pranamaya Kosha)



Samadhi Meditation (Manomaya Kosha)



Insights/Knowledge (Vignanamaya 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.

Sat Feb 23

Sun Feb 24

8:30 AM - 7 PM

*** Registration at 8:15 AM**

Location:

Sanatan Dharma Temple
15311 Pioneer Blvd, Norwalk,
CA 90650

RSVP: goo.gl/5YyBFE

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