

Steps to Advanced Meditation

Therapeutic

Yoga and Meditation

Classes

On Tuesdays

Start date-9-16-08

Time: 7:30 - 8:45 PM

At: 4968 Greenland Rd

Hindu Temple

Jacksonville, FL 32258

6 week module @

\$90.00 general public

\$78.00 HSNEF Members

**\$60.00 for Currently
registered students**

Contacts

Prakash Joshi - 810-1071

Rajasekar Srinivasan- 642-6237

Pratibha Mahabir -538-0209

**www.mindexplorer.com
livezero@mindexplorer.com**

*Nitya Shuddha Buddha
Mukta Swabhava*



Echoes Of Life

*Remain... "Ever Pure , Ever
Wise, Ever Free by Nature"*

Yoga and Meditation

These series of classes are offered to the interested students at any level i.e., beginners to advanced.

Yogis who are meditating for long periods use these techniques to rebalance the bodies and keep themselves physically healthy for their continuous meditation practices. These yogic exercises are very simple, but profound and have far reaching therapeutic benefits. These exercises are not universally taught in the popular yoga settings /classes but Yogarishi Deolal Mahabir as part of his research "Steps to Advanced Meditation" offers these for the benefit of the students.

Learn

- Contemplative exercises for Physical, Emotional and Spiritual well being, regenerating enthusiasm for Life.
- Breathing exercise for stress reduction.
- Breathing exercise for deep relaxation.
- Simple techniques for neck and back pains.
- Micromovement exercises for rejuvenation
- Micromovement exercises to restore and rebalance the nervous system.
- Breathing exercise for body pH balance.

Overall Benefits to attendees

These techniques help with many pre-diagnosed conditions including: digestive disorders, chronic headaches, back & neck pain and discomfort, insomnia, anxieties, bronchial problems, inflexibility, as well as many other mental, physical and emotional conditions.

Requirements

All interested students are welcome to benefit from this yoga and meditation module.

Please bring: appropriate clothing for practice, a yogamat, a firm cushion for seated meditation.



Yogarishi Deolal Mahabir. E-RYT 500

**Director Applied Himalayan Yoga and Meditation
Science and Applications (AHYMSA) -Center
Jacksonville, FL**

Yogarishi Deolal is a direct disciple of Sri Swami Rama of the Himalayas. in an authentic living meditative tradition that dates back more than 7,000 years of recorded history. He was born in a family of Yoga practitioners for several Generations, and has been a life long practitioner of Yoga and Meditation. Yogarishi has been teaching yoga and meditation since 1972.

He is also a trained Yoga Psychotherapist, a ZenShiatsu Master & Instructor, and an Advanced -CranioSacral Therapist.

Yogarishi combines a background in Electrical Engineering, 'Human Engineering', and the Science and Philosophy of Yoga and Meditation. He has integrating both Eastern and Oriental holistic approaches and Western traditional therapies for over 35 years.

Yogarishi has developed of "Yoga-Neuro-Reflexology" and has developed, refined protocols for dealing with all levels of pains and discomforts.

Professional Benefits for attendees- Class hours are accumulated towards.

- Meditation Teachers Certification.
- Yoga Teachers Certification
- CE units for Yoga Alliance membership