

Steps to Advanced Meditation (Series)

Hatha Yoga and Meditation Classes

Tuesdays

Time: 7:15 - 8:30 pm

Venue: 4968 Greenland Rd
Hindu Temple
Jacksonville, FL

**6 week module \$75.00/
\$60.00 Members and**

**Currently registered stu-
dents**

Contact :

**Prakash Joshi -- 810-1071
Rajasekar Srinevasan 642-6237
Pratibha Mahabir 538-0209**

www.mindexplorer.com
livezero@mindexplorer.com

*Nitya Shuddha Buddha
Mukta Swabhava*



Combined Hatha Yoga and Meditation

This series of classes is offered to everyone at any level, from 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 practice in meditation. These yogic exercises are very simple, yet profound and have far reaching therapeutic benefits. These exercises are not universally taught in the popular yoga settings and are being offered by Yogarishi Deolal Mahabir as part of his "Steps to Advanced Meditation" series.

Learn:

- Breathing exercise for stress reduction.
- Breathing exercise for pH balance.
- Simple techniques for neck and back pains..
- Breathing exercises for deep relaxation.
- Micromovement exercises for rejuvenation.
- Micromovement exercises to restore and rebalance the nervous system.
- Contemplative exercises for physical, emotional and spiritual well being, regenerating enthusiasm for life.

**Suitable for beginners to advanced
Benefits:**

Requirements:

All are welcome as everyone can benefit from meditation.
Bring: appropriate clothing for practice, a firm cushion for seated meditation if necessary..



Yogarishi Deolal Mahabir. E-RYT 500

**Director of Himalayan Yoga and Meditation
Center Jacksonville, FL**

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, and has been teaching yoga and meditation since 1972.

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

He combines a background in Electrical Engineering, the 'Human Engineering Systems' and the Science and Philosophy of Yoga and Meditation, integrating both Eastern and Oriental holistic approaches and Western traditional therapies for over 30 years. Developer of "Yoga-Neuro-Reflexology" in addition has developed, refined and taught many protocols for dealing with pains and discomforts.

Professional Benefits-

Class hours are accumulated towards:

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