

We are Blessed to Present:
Shyamji Bhatnagar



"PRATYAHARA:" The Fifth Stage of Yoga
Thursday August 5, 2010 7:00 to 9:30 pm

The purpose of yoga according to Maharishi Patanjli is to hear your own naada (tone). Pratyahara is practiced after the first four stages (yama, niyama, asana and pranayam) have been accomplished.

In this workshop, Shyamji will teach us simple sound techniques that will help each participant internalize their senses. When the senses are content the rate of breathing drops dramatically. Participants usually report extraordinary experiences. At a certain stage, after practicing a variety of sounds and mantras properly, people hear their own tone.

Shyamji's voice is a gift that produces delicate Surya Akasha (golden space). Peace, contentment, out of body experience and bliss are often reported after meditations.

**To have a deeper experience,
eat a light breakfast, a big lunch & skip dinner.**

**Registration fee: Before July 15: \$40 - After July 15: \$45 - At door:
\$50**

**Location: Yoga and Healing Center
1744 E. 2nd Street, Scotch Plains, NJ 07076
908-322-0003**