

JOIN US FOR A SPECIAL YOGA CLASS

Saturday Nov. 7, 2015 4:30 - 7:30 pm

SRI YOGA FOR THE SPIRITUAL BATTLE

About the class ... *Yoga for the Spiritual Battle*

There is a good reason why all world's faiths liken the spiritual journey to battle, except the spiritual battle is more than the battle for life and death, it's the battle for Light over darkness with salvation as the ultimate aim.

The spiritual battle is not unlike physical battle, where we rely on the support of comrades who help us navigate the battlefield and provide support against the traps of the enemy, as every mystic tradition of the world centers around the focus on certain spirit guides.

To the ancient seers of Mother India, the asanas were more than poses, they were temples of contemplation housing special spirit guides with the power to help illuminate our souls. The yoga practice of Her Holiness Amma Sri Karunamayi is a special gift of ten asanas which profoundly cleanse the chakras and symbolize, among other things, the battle of Divine Mother with the forces of darkness. The practice is an enormous aid to the spiritual warrior, giving the opportunity to daily tune all aspects of our being.

About the founder... *H.H. Amma Sri Karunamayi*

Her Holiness Amma Sri Karunamayi has been engaged in nearly two decades of selfless service to our world through providing individual blessings throughout the whole of the United States, listening in confidence to the pains afflicting our modern world.

Deeply concerned about the growing rate of disease afflicting modern society, and especially the prevalence of cancer and deadly levels of depression, Her Holiness prescribed a yoga asana practice specifically tailored and designed to the needs of our modern world.

Karunamayi Yoga© is the branch of Sri Karunamayi's mission dedicated to disseminating these invaluable teachings and techniques to spiritual practitioners of all faiths.

Her Holiness appointed Yogeshwar Darin Somma to be the Director of this project and blessed him to teach the divinely revealed yoga asana practice.

www.sriyoga.com



About the teacher... *Yogeshwar Darin Somma*



Yogeshwar Darin Somma has been teaching yoga for over fifteen years, served for five years on HH Amma Sri Karunamayi's US Tour and was blessed by HH to teach Sri Karunamayi Yoga.

With degrees in Math, Philosophy, Psychology and Physics, Yogeshwar blends the wisdom of all world faiths with the discoveries of modern science in highlighting the essential truth of Vedic wisdom.

He is the author of "Yoga is Union", a holistic guide to Yoga for the Western practitioner which has sold several thousand copies worldwide.

This class is appropriate for all levels, from children to the elderly. No experience required! Even yoga teachers with 60 years experience have testified these teachings revolutionized their practice!

If it's your first time to yoga, please bring a yoga mat and two blankets, refrain from eating at least two hours before practice, please sign in at the door and indicate any injuries/special needs on our sign in sheet.

Suggested donation of \$40, however no one will be turned away due to lack of financial limitations.

**sattvic
space** 
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