

East | West

Dharma Yoga®

S r i D h a r m a M i t t r a

E s t a b l i s h e d 1 9 7 5

START NOW | 4 WEEK SESSIONS

Every month starts a new once a week, four week program which thoroughly guides students through selected postures, highlighting the health benefits of each. Students also learn important breathing exercises, and all sessions conclude with a guided deep relaxation. Students will increase strength and flexibility, and learn how to maintain a deep sense of peace daily.



BASICS COURSE I

FEB 6 - 27 | 4 Week Intensive | Mondays 7:30 - 9:00

Dharma I Basics Course: Master our Dharma Yoga Level I Beginner Practice with one on one instruction. You will receive our course sequence chart for home use, and will possess the tools to feel confident in any Dharma I drop-in practice. **NEXT SESSION MARCH 5 - 26**

BASICS COURSE II

FEB 8 - 29 | 4 Week Intensive | Wednesdays 7:30 - 9:00

Dharma II Basics Course: Master our Dharma Yoga Level II Advanced Beginner Practice with one on one instruction. You will receive our course sequence chart for home use, and will possess the tools to feel confident in any Dharma II drop-in practice. **NEXT SESSION MARCH 7 - 28**

MEDITATION BASICS COURSE

FEB 7 - 28 | 4 Week Intensive | Tuesdays 8:00 - 9:30 PM

This intensive course supplies the tools needed to begin a daily meditation practice. Instruction will be provided in a number of techniques to begin to "settle the mind into silence," starting the journey inward to oneself from the physical outside world. A great antidote for stress, worry and depression, meditation practiced regularly will give one the tools to stay calm and at peace no matter the situation. The course will also explore breathing techniques to support and control the pulsation of the heart and brain, and the circulation of blood, leaving one feeling refreshed and rejuvenated.

NEXT SECTION BEGINS MARCH 6 - 27

\$120 | PRE-REGISTER ONLINE or CALL 212.889.8160



Dharma East | 297 Third Avenue | 3rd FL | 212.889.8160

WWW.DHARMAYOGACENTER.COM