

PREMIER YOGA FACILITIES IN THE HEART OF THE FLATIRON DISTRICT & GRAMERCY PARK

One of the oldest Yoga Schools in New York City, the Dharma Temple is a spectacular testament to Sri Dharma Mittra's nearly half a century of non-stop teaching. At age 73, he continues to serve the public with over 13 weekly practices, teacher trainings, retreats, and workshops ranging in focus from mastering postures, breath control and meditation, to the underlying classical philosophy of Yoga.

All instructors have gone through years of vigorous training and practice with Sri Dharma Mittra and are highly qualified in our style. Dharma East and West both offer practices to the general public daily, including donation practices at each location. Walk-ins are always

"Sri Dharma Mittra's teachings give me tears of joy, calmness of mind, and ear-to-ear smiles while walking the streets of New York... Sri Dharma Mittra's practice was love at first sight and nothing else compares." -Student



WEST | 61 WEST 23RD ST
EAST | 297 THIRD AVE @23rd
212.88



The Benefits of Yoga Practice

- ॐ Stretch, Strengthen, Tone, Invigorate
- ॐ De-Stress, Restore, Rehabilitate
- ॐ Relax, Recharge, Rejuvenate, Stamina
- ॐ Purify, Detox, Sweat, Cleanse
- ॐ Meditate, Breath, Balance, Calmness

Dharma Yoga Facilities Offer

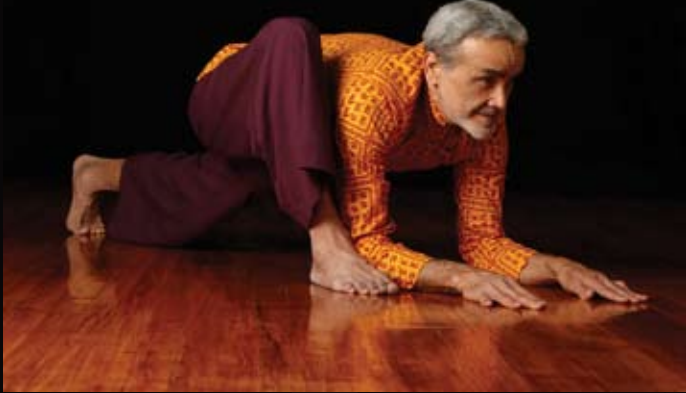
- ॐ Levels of Yoga to suit all needs
- ॐ Master Practice for Teachers and Advanced Practitioners
- ॐ Basic Courses, Meditation, and Dharma Kids Courses
- ॐ "Life of a Yogi" Teacher Trainings 200 ~ 500 ~ 800 hour
- ॐ Posture Clinics, Intensive Workshops, Retreats
- ॐ Dharma Lectures and Discourses



Dharma Yoga®

Sri Dharma Mittra EAST | WEST

Established 1975



WWW.DHARMAYOGACENTER.COM



SRI DHARMA MITTRA



Study with Yoga Master Sri Dharma Mittra

After being a full time yogi and a celebrated teacher for his guru Swami Kailashanada in the 60's, Sri Dharma founded the Dharma Yoga Center. Known as the "Teacher's Teacher" and the "Rock of Yoga," he continues to be a committed teacher to hundreds of thousands of students. His Master Yoga Chart of 908 Postures is an original masterpiece, meticulously assembled from over 1,350 posture variations. He is the author of *Asanas 608 Yoga Poses*, the Sun Salutation Yoga Course Chart, and the *Maha Sadhana* DVD series I and II. He is committed to opening the door to discovery of intuitive knowledge, radiant health, long life, and eternal bliss to one and all. For ordering go to our website. Please visit us on You Tube: TheDharmaChannel, and on Facebook: Dharma Yoga

PRACTICES OFFERED

ॐ Dharma Yoga ~ Shiva Namaskar Vinyasa ॐ
All Levels Include Breathing and Relaxation

Dharma Gentle This series is designed for those returning from illness or injury or just wishing maintain a steady, easy practice.

Dharma I Beginner practice embraces the Surya & Shiva Namaskara Vinyasa series, followed by primary standing and meditative stationary postures, and deep relaxation. It is a great start for new students.

Dharma II Advanced-Beginner Progress with more challenge in the SN Vinyasa series. Newer students begin to move forward and benefit.

Dharma III Intermediate Challenging and physically absorbing, SN Vinyasa series brings an engrossing stationary posture practice.

Dharma IV Intermediate-Advanced For those who have steadily achieved Dharma II & III postures to further intensify practice.

*** Master Practice Advanced and Teachers** For those with a firm practice wishing to learn many advanced postures with step by step instruction from Dharma Mittra. Meditation, Breathing and Relaxation.

* Practices and Lectures under the instruction of Sri Dharma Mittra

DHARMA LECTURE PROGRAMS

*** Self Realization, Breathing and Meditation**
 Gaining spiritual knowledge allows one to realize their full potential. This knowledge has the power to purify the body of toxins and calm the mind, leading to a state of optimum health, general well-being and self-empowerment. Every Monday 8:00-9:00 pm DYW. Taught by Sri Dharma Mittra.

*** Yoga Remedies for Overcoming Stress and Depression**
 It is now widely known that stress is the number one cause of emotional distress and imbalance, majority of illnesses, and susceptibility to injuries. Explore simple methods and practical techniques to keep balanced and joyful in our busy lives. Every Tuesday 8:30-9:30 pm DYW. Taught by Sri Dharma Mittra.

*** Psychic Development Techniques**
 Learn how to make your thoughts creative in order to materialize your dreams, desires, and goals in this lifetime. Direct guidance given in special mantras, breathing, and meditation practice. Every Wednesday 8:00-9:00 pm DYW. Taught by Sri Dharma Mittra.

*** Deep Yogic Healing Relaxation Method**
 Relaxation is the best antidote for impurities, disease, and illness. Restore and rejuvenate the physical body, joints, organs, and mind to serenity through a blissful guided deep relaxation. This result occurs on an unconscious level, as your body systems will begin to become healthy, balanced and refreshed. Restful program, blankets provided.

MASTER YOGA CHART OF 908 POSTURES



Dharma means Duty to Participate in the Divine plan of Human kinds higher Evolution

LIFE OF A YOGI TEACHER TRAINING

Dharma Yoga 200, 500, and 800 hour Teacher Certification
 Designed for serious aspirants and practitioners wishing to deepen their practice and make rapid progress in all aspects of Yogic teaching, this training has been an invaluable practitioner program since 1999. The emphasis is on supervised practice to become a teacher in the different levels of Dharma Yoga, as well as Asana Anatomy, Yogic Philosophy, Meditation and Breathing, and Relaxation techniques. The first Level trainings are 10 day intensives, while the second are 2 - 8 day intensives, with 1 month of self-practice home assignments. Contact our Registrar, Enid Johnstone for more info. Yoga Alliance Certified.

MONTHLY WORKSHOPS AND COURSES

*** Maha Sadhana The Great Whole and Complete Eternal Practices of Sri Dharma Mittra**
 This amazing monthly session begins with spiritual Purification Practices and discourses conveying the ancient teaching into our modern lifestyle. It continues with a Devotional Dharma Yoga Posture practice, meditation, and our joyous Asana Satsang Jam.

Dharma Yoga Asana Clinic
 These highly valuable clinics with specific posture focus, bring guidance for knowledge of proper placement and alignment. Questions taken throughout clinic for individual needs. Held monthly.

Dharma Basics I Course A six-week series gradually building each week, with personal attention from a dedicated teacher to detail and proper intention.

Dharma Basics II Course A six-week series teaching the Dharma II practice gradually, with personal attention to each student according to their needs and questions.

Dharma Kids An ongoing 15-week series teaching the Dharma I practice along with playful interaction for a full rounded children's experience. Ages 5 - 11.

