



Dharma Yoga®

Sri Dharma Mittra



WEST

SRI DHARMA MITTRA

Practice Daily with the Master in New York

WWW.DHARMAYOGACENTER.COM

MON	12 - 2pm Master Practice Vigorous	6:30 - 8:00pm Maha Shakti 8:00 - 9:00pm Self Relization, Breathing & Meditation
TUES	12 - 2pm Master Practice Vigorous	6:30 - 8:30pm Maha Shakti 8:00 - 9:00pm Yoga Remedies for Overcoming Stress and Depression
WED	12 - 2pm Master Practice Vigorous	6:30 - 8:00pm Maha Shakti 8:00 - 9:00pm Psychic Development Techniques
THURS	12 - 2pm Master Practice Vigorous	
SAT	10:00 - 11:30am Maha Shakti 11:30 - 12:30pm Deep Healing and Recharging Relaxation	6:00 - 9:00pm Maha Sadhana The One Great Divine Practice Third Friday Monthly

Life of a Yogi Teacher Training Immersions

Level	Dates	Location	Details
200 Hour	Feb 24 - March 4, 2012	Dharma West New York, NY	10 Day Immersion
200 Hour	June 15 - 24, 2012	Dharma West New York, NY	10 Day Immersion
500 Hour	Sept 2 - 9, Nov 4 - 11, 2012	Dharma West New York, NY	2 Eight Day Immersions
800 Hour	August 12 - 19, 2012	Dharma West New York, NY	8 Day Immersion
200 Hour	Nov 30 - Dec 9, 2012	Dharma West New York, NY	10 Day Immersion

Vacation Retreats with Sri Dharma Mittra

Be Receptive to Grace Kripalu Retreat	Feb 17 - 20, 2012	Stockbridge MA
Florida Retreat	Feb 2012	Bay of Biscayne FL