

Dharma Yoga®

Dir. Sri Dharma Mittra



b e r e c e p t i v e

FREE & DISCOUNTS

Our Beginners Sampler Pass Gives You:

**FIRST CLASS FREE
+ 5 CLASSES FOR \$40**

*One Month Expiration - For New Students Only - Dharma I or Gentle Classes

FREE - Dharma I Class - Tues., 4-5pm Open to All!

FREE - Dharma I Class - Mon., 3:15-4:15pm*

*After, you may choose to buy Beginners Sampler Pass - 5 Classes for \$40

For New Students Only

For Beginners

\$8 Trial • 1.5 Hour Class • 4:30-6pm

Mon - Dharma II | Wed & Fri - Dharma I

For New Students Only

\$8 Intermediate and Advanced

Dharma III

Sundays, 4:45-6:00pm

Open to All

Dharma IV

Sundays, 6-7:15pm

Open to All

INTRO TO YOGA COURSES

Dharma I Basics - 6 Week Course

Saturdays, 9:30 - 10:45am

Oct. 30 - Dec. 4 | Jan. 8 - Feb 12 | Feb. 19 - Mar. 26

Mondays, 8:15 - 9:30pm

Oct. 25 - Nov. 29 | Dec. 6 - Jan. 3** | Jan. 10 - Feb. 14

**5 Week Course and receive one additional Dharma I or Gentle Class

Dharma II Basics - 6 Week Course

Sundays, 9:30 - 10:45am

Oct. 17 - Nov. 21 | Nov. 28 - Dec 19* | Jan. 16 - Feb. 6*

*4 Week Course - \$80

Dharma Kids

Thursdays, 4:25 - 5:20pm

Oct. 28 - Dec. 9 | Jan. 6 - Feb. 10 | Feb. 17 - Mar. 24

6-Wk Course By Pre-Reg: \$120

Upcoming Asana Clinics

Oct 16 Six Foundational Postures of Dharma Yoga

Nov 20 The Art of Stretching Through Yoga

Dec 18 Surrender and Faith: Hips, Hamstrings, and Knees

Upcoming Maha Sadhana

with Sri Dharma Mittra

10/9 11/13 12/11 1/8/11 2/12 3/12 4/9 5/14

SPECIAL CLASSES AND WORKSHOPS

Psychic Development and Meditation

Learn ancient practices to improve your concentration, and put power behind your thoughts. Change your consciousness and build compassion for all. This session also includes pranayama (breathing) exercises, and meditation. **Every Wednesday 7:30-8:30pm - \$15**

Relaxation and Meditation

Using the teachings of Sri Dharma Mittra, you will be guided through a series of mental instructions and visualizations as well as breathing practices. These will calm your mind and physical body to release negative thought patterns. **Every Friday 7:30-8:30pm \$15**

Dharma Yoga Asana Clinic

These highly valuable clinics will focus on proper placement and alignment in the practice of each pose. You will also learn the spiritual intention of the poses. **Third Saturday Monthly 5:30-8pm - \$40 | \$35 w/Unlmtd**
Upcoming Dates: July 17, August 21, September 18, October 16, November 20, December 18

Maha Sadhana with Sri Dharma Mittra

The Great Divine Whole and Complete Eternal Practices of Sri Dharma, recommended for intermediate through advanced practitioners. Begins with Spiritual Purification discourses and continues with Asana. **Second Saturday Monthly 5:30-8:30pm - \$60**

SPECIAL PROGRAMS & RETREATS

The Illumined Path of Dharma Yoga

Vacation with Dharma Mittra

December 6-10, 2010 | Playa Del Carmen, Mexico

Register Online Today

Teacher Training Immersions

Upcoming Life of a Yogi Teacher Trainings

Level	Dates	Location
500 Hour	Jan 15 - 22, Mar 19 - 26, 2011	Dharma West New York, NY
200 Hour	April 3 - 14, 2011	Kriaplu Lenox, MA
200 Hour	June 17 - 26, 2011	Dharma West New York, NY
500 Hour	Sept 11 - 18, Nov. 13-20, 2011	Dharma West New York, NY
200 Hour	October 2-12, 2011	Omega Inst. Rhinebeck, NY

Free Open House Information Sessions

Coming Soon - Check Web for Details

Gift Certificates, Class Cards, and Unlimiteds Available

www.dharmayogacenter.com

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