

# Dharma Yoga®

D h a r m a M i t t r a T e m p l e

W E S T



Presents a very special once monthly event:

## MAHA SADHANA

Saturday May 21 ~ 6:00 - 9:00pm

Dharma West Temple ~ 61 West 23rd 6th Floor



**MAHA SADHANA: The One Great  
Divine, Whole and Complete Eternal  
Practice of Sri Dharma Mittra.**

This amazing world renowned immersion begins with spiritual Purification discourses, conveying the ancient teaching into our modern lives. It continues with a challenging Shiva Namaskara practice, with special emphasis placed on establishing proper alignment and the spiritual intention of each pose. The Practice ends with a Deep Healing Relaxation followed by a joyous Devotional Dharma Asana Satsang Jam.

**The next Maha Sadhana will be:  
Saturday June 18, 6 - 9pm**



\$65 | PRE-REGISTER ONLINE or CALL 212.889.8160

Dharma West | 61 West 23rd Steet | 6th FL | 212.889.8160

WWW.DHARMAYOGACENTER.COM