

East | West

Dharma Yoga®

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

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HOLIDAY SPECIALS DHARMA YOGA EAST | WEST

Two 1 Month EAST Unlimiteds for \$125

Buy One and Receive One Free to Give as a Gift for a Friend

Give a free gift of Dharma Yoga to someone you love this Holiday Season: The gift that keeps giving joy, love, and light. Save over \$300 for a month of yoga. 36 Classes | 7 Days a week | \$15 a week | Through 12/24

1 WEEK DY WEST UNLIMITED \$95

At Dharma West. Weekly includes 4 Master Practices ~ 4 Maha Shakti Practices ~ 1 Deep Healing & Relaxation Method ~ 1 Psychic Development Techniques ~ 1 Self Realization Breathing & Meditation 1 Yoga Remedies for Stress & Depression ~ 3 Other DY weekly practices. Good through December 15.

6 WEEKS OF DHARMA IV PRACTICE \$30

Wednesdays 5 - 6pm January 11 - February 15

Held at Dharma West. At just \$5 a week, this practice is a great deal for the advanced Dharma Yogi.

10% OFF ANY EAST BASICS COURSE

Build your Dharma Yoga Practice with our intensive four week Basic Courses, with expert DY teacher. Take \$10 off the Dharma Basics I, Basics II, or Meditation Courses with pre-registration starting the week of January 2, 2012.

FREE CLASSES NEW YEARS DAY | JANUARY 1, 2012

Dharma West 12pm Master Practice & Meditation | 2:30 - 4pm Dharma II | 4 - 4:30pm Meditation

Dharma East All day Chanting of the Hanuman Chaleesas, 108 Rounds, Bring a cushion or blanket to sit on

BOTH CENTERS CLOSED CHRISTMAS DAY

DHARMA EAST | 297 THIRD AVE | 212.889.8160 x1

DHARMA WEST | 61 WEST 23RD ST | 6TH FL | 212.889.8160 x2

WWW.DHARMAYOGACENTER.COM