



Dharma Yoga®

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

R E T R E A T S



est. 1975

DHARMA YOGA IMMERSION
The Dharma Yoga Method Guidelines to Illumination

JOIN SRI DHARMA MITTRA KEY BISCAYNE FL COMMUNITY CENTER

February 4, 2012 | 12 - 4pm

World renowned Yoga Master, “the Teacher’s Teacher,” founder of Dharma Yoga Centers East | West, and creator of The Life of a Yogi Teacher Training programs, author of a Master Yoga Chart of 908 Postures, 608 Yoga Poses, and Maha Sadhana DVDs I and II. A full-time devotee and deeply inspiring teacher for over 45 years, Sri Dharma Mittra imparts the meanings and lessons embedded in classical Yoga. **All Levels Welcome to Attend.**



MAHA SADHANA: THE 8 LIMBED UNIVERSAL POWER BEHIND ALL ACTION

The Great Divine Whole and Complete Eternal Practices of Sri Dharma Mittra. This amazing session begins with spiritual purification discourses explaining how the ancient teachings can find expression in our modern lives, continues with a challenging and graceful Dharma Yoga Shiva Namaskara Vinyasa practice where special emphasis is placed on establishing the proper alignment and spiritual intention of each pose, and ends with his guided Deep Relaxation Method and his joyous Devotional Dharma Asana Satsang Jam.

MAHA RAJA: THE FOUNDATION IS BEING RECEPTIVE TO GRACE

Creativity is one of the hallmarks of legendary Yoga Master Sri Dharma Mittra's method of teaching. Everything of this world starts as a thought first, and then comes to be. Sri Dharma Mittra will begin with his renowned purification techniques and continue into lessons to change your life today. He will reveal knowledge of the Kleshas, the five causes of pain and suffering, the Koshas, the five sheaths that conceal Atman, Kriyas, Pranayama, purification techniques, and guidance on how to surrender to the “All Mighty One”. Positive thinking becomes the foundation which leads one to travel the road of being receptive to Grace.

Held at Key Biscayne Community Center | 10 Village Green Way 2nd Fl
~Free Parking in basement of center~

\$65 with Pre-registration before January 15, 2012 | \$75 After
Pre-registration required, only with Veronica Vidal | 305.365.5483
or via PayPal at www.veroyoga.com/dharma

WWW.DHARMAYOGACENTER.COM | 212.889.8160