

Dharma Yoga®

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R E T R E A T S

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WINTER VACATION RETREAT

Dharma Yoga Immersion ~ Be Receptive to Grace
with SRI DHARMA MITTRA

Massachusetts Berkshires at Kripalu



Friday Feb 17 through Monday Feb 20

Delicious Vegetarian Meals ~ Sauna & Whirlpool ~ Outdoor Walking Paths
Sri Dharma Mittra's inspirational classically based Dharma Yoga Practices
Dharma Spiritual Lectures ~ Deep Healing Relaxation ~ Meditation Practice

Come learn Sri Dharma Mittra's challenging yet meditative Dharma Yoga Shiva Namaskara series, designed to unfold complete movement of the spine and unleash your full energetic potential. Breathing, relaxation, and guided meditations will bring the practice full circle, removing the body's toxic impurities and leading to higher states of health and well-being. Sri Dharma Mittra's discourses will illuminate the practical and philosophical methodology of the laws of karma and yogic diet, strengthening inner intuition to manifest your unique desires in life.



Sri Dharma Mittra founded one of the first early independent schools of Yoga in New York City in 1975. He is the author of the world-renowned masterpiece, *The Master Yoga Chart of 908 Postures*. Now 73 years, Dharma Mittra's life represents intense service to mankind through the ethical, spiritual, and practical physical philosophy of Yoga in action. Sri Dharma has influenced hundreds of thousands, and continues to teach daily at the New Dharma West Temple at 61 West 23rd St. in New York City. He is the author of *Maha Sadhana* DVDs I & II, *Sun Salutation Yoga Course Chart*, and *Asanas 608 Yoga Poses* book. He leads "Life of a Yogi" 200, 500, and 800 hour Teacher Trainings, and workshops worldwide. Join Dharma Yoga on Facebook and TheDharmaChannel on You Tube.

To Register go to Kripalu.org

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WWW.DHARMAYOGACENTER.COM

