

Dharma Yoga®

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

E s t a b l i s h e d 1 9 7 5

Dharma Yoga Syracuse welcomes Sri Dharma Mittra

the "Teacher's Teacher," for Evening Gathering and full day Dharma Yoga practices

SATURDAY OCT 22 7 - 8:30pm | Satsang with Sri Dharma Mittra | CNY | \$20

SUNDAY OCT 23 10am - 4:30pm | Program with Sri Dharma Mittra | \$150

Program:

- 10 - 11:30am Dharma Yoga Purification Practice | includes Breathing and Meditation Techniques
- 12 - 2pm Maha Shakti | Dharma Yoga for all Levels Practice
- 2 - 3pm Lunch Break | 10% Discount for Vegan Meal at Strong Hearts Cafe
- 3 - 3:15pm Om Japa Meditation Practice
- 3:15 - 3:30pm 27 Sun Salutation Meditation
- 3:30 - 4:30pm Self Realization Lecture Program



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.

Life of a Yogi Teacher Training Immersions

200 Hour	Feb 17 - 26, 2012	DYW, NYC
200 Hour	June 15 - 24, 2012	DYW, NYC
500 Hour	July 22 - 29, Sept 23 - 30, 2012	DYW, NYC
200 Hour	November 2 - 11, 2012	DYW, NYC

Upcoming Maha Sadhanas | 3 hr monthly intensive

Oct 15, Nov 19, Dec 17 DYW, NYC

Satsang w/ Sri Dharma Mittra | weekly

Thursdays 7 - 8:15pm DYW, NYC

Satsang held at: CNY | 101 First St Liverpool, NY
315-461-9642 | www.cnyyogacenter.com

Sunday: Genesee Grand Hotel | 1060 E. Genessee St | Syracuse NY

WWW.DHARMAYOGACENTER.COM | 212.889.8160

