

# Dharma Yoga®

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

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## S a d h a k a

### L E T T E R F R O M A D A M F R E I

Greetings and Namaste to all of you! It is such a pleasure to be addressing you all from the pages of this publication, and we are all so grateful to Steven Russell, Enid and Eva for helping bring this periodical roaring back to life! It is a great boon that in the midst of this world of constant movement and change, Sri Dharma continues as he has since 1967 right here in New York City and around the world both personally and through those who have studied with him, to continue to deliver the pure, classical truth which is yoga as he received it from his Guru and came to know it to his core over an over half century of daily teaching, constant practice and just plain living.

For those of you have chosen to commit to teaching, it is our fondest hope that the knowledge you all received or will receive through the Dharma Yoga "Life of a Yogi" Teacher Training Immersions continues to inform or will soon inform both your life and teaching in the most positive of ways. Sri Dharma Mittra always tells us that if you have a little spiritual knowledge, you should share it. Hopefully, all of you have found or will soon find the means to share this knowledge as you continue to move deeper into yoga.

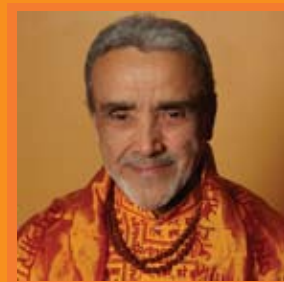
Responding at last to many years of requests and suggestions, we will finally be offering long weekend intensives to review the main subjects presented at both the 200 and 500 Hour level. Sri Dharma will continue to be the main presenter, while senior certified Dharma Yoga teachers will present on many other relevant topics, as well.

For those who have sought more guidance with practice and teaching of the Psychic Development series and Dharma IV, we have programmed the Dharma Yoga 800 Hour Ultimate TT which will also include Yoga Nidra/Deep Relaxation in the manner Sri Dharma is now teaching on Saturdays and it is being taught at Dharma East on Friday nights. Also included in the curriculum will be more of the sacred texts Sri Dharma studied as part of his personal journey towards the goal of all life.

For those of you residing near or visiting New York, Sri Dharma is currently teaching almost twice as many classes as he used to in the beautiful new space at Dharma West. The schedule at Dharma East has been streamlined and now gives equal time to every Dharma level taught by dedicated and talented teachers who are also regular students at Dharma West. Sri Dharma and senior teachers continue to travel and teach, so keep your eye on the mass e-mailers and website to see when next we'll be where you are!

If you've been out of contact with us for some time, please get back in touch and tell us how you are. If we can be of any assistance, don't hesitate to be in touch. All the best to you in life and practice, and may we all continue to be receptive to both the teacher and the teachings.

*In Loving Service of Yogi Sri Dharma Mittra,  
Adam Frei, Director of DY LOAY Programming  
and DYC Program Manager*



### LIFE OF A YOGI TEACHER TRAINING with SRI DHARMA MITTRA



#### TT Refresher Dates 2012

200 Hr April 20 - 22 | Oct 19 - 21

500 Hr May 28 - 30

See pages 2 & 3 for  
more information

#### 200 Hour (10 - 15 Day Intensive)

Feb 17 - 26, 2012 | DYW, NYC

June 15 - 24, 2012 | DYW, NYC

Nov 2 - 11, 2012 | DYW, NYC



#### 500 Hour (Two 8-Day Sessions)

Dharma Yoga West | NYC

Sept 11 - 18 | Nov 13 - 20, 2011

July 22 - 29 | Sept 23 - 30, 2012



#### 800 Hour Advanced Training

August 12 - 19, 2012



## G R A D U A T I O N C E R E M O N Y T e r h i M e n g e l

**NEW: 500 Hour LOAY TT  
Refresher Long Weekend  
Intensive Dates 2012  
May 18 - 20**



The 500 Hour DY LOAY TT Refresher Long Weekend Intensive is designed for those who have participated in a 500 Hour DY LOAY TT over the years. Those who have graduated as well as those finally desiring to complete their internships may apply. Students will spend three days completely immersed in the practices and theories that grant one the tools to live each moment as a Dharma Yogi, and have the opportunity to then share of this experience with others. Each day will begin with Pranayama, Dhyana and Spiritual Discourse with Sri Dharma Mittra. Dharma II and III will be thoroughly re-examined for your benefit by Sri Dharma's most experienced, certified senior teachers through our new enhanced experiential mode of presentation, there will be Asana practice and Psychic Development with the master himself daily, joyous Kirtan, lectures designed to increase your effectiveness as teachers and students, and each day will close with Holy Satsang with Sri Dharma. Many have requested these refresher weekends over the years, and we are happy to now able present these programs as an offering for all of you.

Please contact Enid for more info or to apply at:  
loay@dharmayogacenter.com  
or call 212.889.8160 Ext. 302

I was so lucky to be able to join the Teacher Training Graduation Ceremony in New York this past February. My dear friend let me stay in his place during this great weekend. Now one part of my fairly new yoga path was coming to its end, and I would be graduating from the June 2010 Dharma Yoga Life of a Yogi 200-Hour Teacher Training. The teacher training had been one of the best things I had done in my life so far. Upon graduation I would officially become one of the many beautiful and well trained Dharma Yoga Teachers.

I am 45 years old and moved to the United States from Finland when I got married five years ago. My yoga path is still in its beginning. I love this endless path of learning and growing under the guidance of Sri Dharma Mittra and his many other great teachers. It doesn't matter where we are, near or far away from him or the DY Temple. There is an invisible connection between every one of us. In the same way, the greatest of all mantras Sri Dharma Mittra initiated us in: SO HUM—I am That, That I am, I am You, You are Me—connects us together now and always.

Before the Graduation Ceremony we had a great practice, with Sri Dharma Mittra in the Maha Sadhana, with many dedicated yogis and yoginis in the new, wonderful Dharma West Temple. Many of us came early to the center for the One Eternal Practice. The atmosphere at the center was peaceful and calm. Everybody's mind was joyful and happy. After almost three hours of Maha Sadhana practice with Sri Dharma Mittra, it was time for the Graduation Ceremony. Some of us yogis and yoginis had our families and friends with us for this great evening. I had all my new yoga friends around me, and the air was full of kindness and happiness.

Sri Dharma Mittra started the Ceremony with the Mantra for Purification, followed by a musical selection with Ismrittee Devi Om and Eric Hubel.

All this made the atmosphere clear and sacred. Senior teacher Adam Frei welcomed everybody with his calming voice, as always. All this brought me back to our teacher training in June 2010. I had so many great memories and felt like I was home again. When Ismrittee Devi Om read The Way of Divine Love from The Bhagavad Gita, chapter 12.8—Fix your mind on Me alone, rest your thoughts on me alone, and in Me alone you will live hereafter. Of this there is no doubt?—I felt so happy and grateful. I knew that I was in the right place and the right moment. Then Sri Dharma Mittra spoke to us in his humorous way about the importance of teaching Dharma Yoga. There is always kind humor in the air when he talks or teaches. Finally we all were ready for the presentation of the 40 graduates from the 200-hour and 500-hour teacher trainings. All of us received special attention from Sri Dharma and the senior teachers when we received our certificate, and of course there was lots of applause and pictures. Sri Dharma Mittra gave us a special Rudraksha bead as a gift with our certificate. All this meant a lot to us. We were all new yoga teachers, and we were all on the same ancient yoga path, following our master teacher Sri Dharma Mittra. Now it would be our turn to spread Sri Dharma's teaching wherever we went in the world. He would be always in our hearts, guiding and showing our path to us. Evening ended with a closing chant with Sri Dharma Mittra.

I can still clearly remember from that evening Sri Dharma Mittra's words to us: With a pure heart and devotion, you will get everything you need in your life. Don't worry, just believe, and God will take care of everything.

Now our path has just begun. Thank you to all the staff of the Dharma Mittra Yoga Studio and Sri Dharma Mittra and Ismrittee Devi Om for all that you have given to us. I love you all. Om Shanti ॐ



## A D O U B L E D O S E O F D H A R M A T i m F l o r e e n

I guess you could say I didn't know what I was getting myself into. For years, I'd felt drawn to the idea of studying with Sri Dharma Mittra, even though I'd never taken a single class with him. I'd heard all about him though—his challenging asana sequences, his spiritual discourses, his gentle, humble manner. A couple of my main teachers in San Francisco called him their mentor. I'd even seen him around the studio where I taught yoga myself. Then, towards the end of last year, I decided to do his teacher training. And not just that, I decided to take both the 200-hour and 500-hour. In the reverse order. One right after the other. The reason I chose to do things in that particular way had to do with a number of different factors: money, timing, wanting to get registered with the Yoga Alliance. I checked with the registrar Enid at the Dharma Center, who gave me permission to do the two trainings backwards because I'd already taken other yoga teacher trainings. Before I knew it, I was on my way to the first module of the 500-hour training in January. The days were long and rigorous, but I'd pretty much expected that, and I was happy to discover Dharma Mittra more than lived up to his reputation. Thanks to him, I felt my asana practice evolving rapidly, and even better, I found myself developing a whole new understanding of what yoga really is and why we practice it.

Towards the end of the first module, Adam Frei told us about the home practice and Dharma Diet Plans we'd be following between the two modules. I guess I hadn't read the fine print very carefully when I'd signed up. The plans came as a big surprise. I decided just to go with it, though. Fortunately, my personality responds well to structure. I soon found I enjoyed starting each day with the various Dharma Yoga practices, and the Dharma Diet made me feel like a million bucks.

Another detail I'd missed at first: the second module of the 500-hour training finished less than a week before the 200-hour training started. I'd known they were close together, but it hadn't registered that they were that close. I only made this realization shortly before leaving for the second module of the 500-hour. Again, though, I just went with it. I had a great time finishing the second module, flew home to San Francisco just long enough to catch my breath, and flew back to the east coast—this time to the Dharma Yoga Training at the Kripalu Center in Massachusetts—for the final leg of my training odyssey.

After the intensity of the LOAY 500-hour, the 200-hour seemed more relaxed: the asana practice was gentler, we had longer meal breaks, and, of course, the Berkshires felt considerably more peaceful than Manhattan. The group also happened to be smaller, which gave the training a more intimate feel. For me, it seemed like the perfect way to complete my experience. I got to review and solidify much of what I'd learned in the 500-hour, I had a chance to work more closely with the outstanding mentors to develop my teaching—and best of all, I got to spend more time learning from Sri Dharma Mittra.

Looking back, I find it a little amazing—and a little comical—how I charged ahead with my plan without fully realizing how ambitious it was (or checking over many of the details). In a way, though, I'm glad I did. If I'd known how challenging my plan would be, I might not have done it—or, more likely, I might have gone ahead with it but felt much more stressed out about the whole thing. Instead, in addition to everything else, the trainings became a valuable opportunity to practice taking one day at a time.



**NEW: 200 Hour LOAY TT Refresher Long Weekend Intensive Dates 2012**

200 Hr April 20 - 22 | Oct 19 - 21

The 200 Hour DY LOAY TT Refresher Long Weekend Intensive presents the opportunity for those that have participated in a 200 Hour DY LOAY TT over the years they have been offered to spend three days at the Dharma West Temple in New York City completely immersed in the practices and theory that grant one the tools to live each moment as a Dharma Yogi, and have the opportunity to then share of this experience with others. Each day will begin with Pranayama, Dhyana and Spiritual Discourse with Sri Dharma Mittra. Dharma Gentle and Dharma I series will be thoroughly re-examined for your benefit by Sri Dharma's most experienced, certified senior teachers through our new enhanced experiential mode of presentation, there will be Asana practice with the master himself daily Spiritual Kirtan, lectures designed to increase your effectiveness as teachers and students, and each day will close with Holy Satsang with Sri Dharma. Many have requested these refresher weekends over the years. The benefits are great for those especially who have lost touch with us and want to get back on track.





## REFLECTIONS FROM THE IMMERSION THE DAYS SPENT AT MY BELOVED TEACHER'S FEET

C h i k a k o M i z o k a m i



I am constantly reminded that Sri Dharma Mittra's compassion knows no boundaries, it is like a boundless reservoir that is overflowing; his love is so pure and omnipotent that just by being near him, one's consciousness is

infinitely elevated or even transcended by his Universal Love... He teaches us by example that "Ahimsa is the golden thread that runs through all practice of yoga and is the foundation on which all Yogis build the Divine Life. Ahimsa is the supreme duty of a yogi." This has been my mantra in my sadhana and resonated with my inmost primordial consciousness. When I heard his discourse on Ahimsa for the very first time, it was at once awakening as it was anciently familiar as though I finally returned to my soul's home. For me, everything springs from and returns to Ahimsa. Dharma could be sharing the same "cockroach family" story for the 1000th time, tears still manage to find their way into my eyes.... such is the omnipotence of a yogi who attained Advaitic consciousness.

In loving gratitude and deep reverence to my teacher who taught me to always purify my heart, I recite this prayer for Ahimsa;

"May the Lord bestow upon us the divine way to obtain Ahimsa. May all beings that I hurt by hands, ears, mouth, or thought accept my apologies and allow me to pay back whatever is necessary. Oh Lord, may I be punished for my transgression. Forgive me for all sins I have committed, and for all that are still to come."

I believe that Ahimsa is not merely a noble

virtue but our solemn universal duty as citizens of the earth. As the Dalai Lama once said, "Love, compassion, and tolerance are necessities, not luxuries. Without them, humanity cannot survive."

### **On the Supreme Goal of Yoga**

All the divine techniques of Yoga we practice are in reality just a preparation, means to purify and fortify both the body and the mind in order to control the senses, cultivate discrimination and make the mind one-pointed so that the highest Truth and Ultimate Reality may be revealed and realized through divine perception in this journey of Self-Realization. That is the supreme goal of yoga. And the journey begins with compassion. There is no yoga without Ahimsa for it is only through the full awakening of compassion that we see ourselves in everyone and in all beings recognizing the divine presence in all creations, and thus an intense desire for liberation is born. In order to attain final liberation, one must transcend the ego-consciousness and merge with the consciousness of God, abiding in the divine union with the Infinite.

### **On Asana as Spiritual Practice**

If we perform every action as an offering to the Supreme Self within, even the practice of Asana can be transformed into selfless service, Karma Yoga. By removing the "I" consciousness and offering every pose to the Lord as Ishvararpana and performing the work simply because it has to be done while accepting the pain without any expectation for the result, we transcend the physical exercise, which then becomes "flowing physicalized act of devotion" as Dharma describes it.

The true practice is found in every moment.

May I be receptive to the grace of God. May my every action, word and thought be the true reflection of the inmost self, the supreme teacher within...

### **On Jivanmukta**

Dharma maintains that it is very important to strive for enlightenment in this lifetime. It has become very clear to me through his living teachings that the true enlightenment is not an ecstatic trance state that one enters into through transcendental meditation... rather it is the culminating mastery of self-control, dispassion, knowledge of the self, renunciation of ego-consciousness, through which one achieves a permanent state of supreme equanimity and rejoices in the Self. The duality is dissolved. This can only be achieved by rigorous constant practice with steadfast determination as Sri Dharma did in every sphere of his life - for everything is yoga when done as an act of adoration to the Almighty One, as a dedication to the supreme self within. That is why he enjoins students to "think of God as soon as you wake up, and as you fall a sleep" because being in the constant communion with God will guide us to do "the right thing, the harder thing"

While immersed in the thought of God and love for God, one is incapable of faltering. It is the most powerful compass to navigate this world of maya and cross the ocean of samsara.

And one must follow one's own dharma as Dharma did by following the teaching of his most beloved book, Bhagavad Gita.

"Better is one's own dharma, though imperfect, than the dharma of another well performed. He who does the duty ordained by his own nature incurs no sin." (Bhagavad Gita, VXIII 48) *Continued on page 7*



# O N Y A M A A N D N I Y A M A

J e s s i c a M o n t e y S h r e i b e r



Upon meeting my dog Sue, I read a book by a man named Cesar Millan, also known as the Dog Whisperer. The book is called Cesar's Way, and it became my bible as I

trained the new addition to our family. It tells the story of Cesar's life and explains how he arrived at the method he uses to handle and train dogs. The general idea is that dogs need a pack leader who maintains a calm, assertive energy. In other words, it is the owner's responsibility to fulfill the dog's energy level through challenging exercise; to provide clearly communicated rules, boundaries and limitations for the dog's behavior; and to give the dog affection at the right time. Millan encourages owners to give affection, but only when the dog is in a balanced state of mind, not when it is fearful, anxious, avoidant or excited when the affection itself can enforce imbalance. According to Millan, a common pitfall for dog owners is to give a great deal of affection with very little discipline and even less exercise.

As I read The Yoga Sutras of Patanjali, specifically the sutras that break down the yamas and niyamas, I found a correlation between following these ethical rules practice, and by observing the yamas and niyamas, I too can live a healthy, balanced life. I too have a calm, assertive energy within me. It's a part of me and helps me contribute peace and love to the larger pack. Millan says, it's not about the dog. It's always about us.

It's always about the owner. It's up to us to create an environment and circumstances in which the dog can thrive and be itself.

Preparing for the Dharma Yoga Life of a Yogi Training, I have taken on a great responsibility to practice living by these ethical rules, the yamas and niyamas.

After all, Sue Sue's training has been beyond effective. She is healthy, happy, and a beautiful animal. God lives within her too, and she's just working through her karma in a dog body. She could have been my yoga teacher in a past life. She's my teacher in her current life, after all,

## FROM DHARMA MITTRA ॐ

First there was the Word and the word was God.  
From God came Om,  
from Om everything else.  
Om Represents God.  
The whole word has come from Om,  
Rests in Om, and dissolves in Om.

Om Represents the Three States of Consciousness.  
The Waking State  
The Dream State  
The Sleeping State



## THE YAMAS

- Ahimsa ~ Non-killing
  - Satya ~ Truthfulness
  - Asteya ~ Non-stealing
  - Bramacharya ~ Continence
  - Aparigraha ~ Non-covetousness
- These are the qualities to be cultivated*



## THE NIYAMAS

- Saucha ~ Purity
  - Contentment ~ Santosha
  - Tapas ~ Austerity
  - Svadhya ~ Self Study
  - Isvara Pranidhana ~ Self-Surrender to the Lord
- These are observances of Self-Discipline*



## Sri Dharma & Dov in Rhode Island



## Yogi Pepperji



## ONGOING WEEKLY YOGIC LIFESTYLE LECTURE SERIES w/ SRI DHARMA MITTRA

Held at Dharma Yoga West | 61 West 23rd Street, 6th FL | NYC

Sri Dharma Mittra avails himself to offer the highest knowledge of Yoga to the public, yoga practitioners, and teachers, three evenings each week. It is a rare opportunity to sit by his side and absorb the truth, learning that peace can prevail in your life. At age 73, Sri Dharma is a great living example of how everyone, regardless of age, backgrounds, or faith can change for a healthier, more balanced lifestyle right now.

### Self Realization, Breathing and Meditation

Gaining spiritual knowledge allows one to realize their full potential. This knowledge has the power to purify the body of toxins and calm the mind, leading to a state of optimum health, general well-being and self-empowerment. Just hearing the words of wisdom, results in release of mental stress and worries.

*Every Monday 8:00-9:00 pm*

### Yoga Remedies for Overcoming Stress and Depression

It is now widely known that stress is the number one cause of emotional distress and imbalance, majority of illnesses, and susceptibility to injuries. Explore simple methods and practical techniques to keep balanced and joyful in our busy lives.

*Every Tuesday 8:00-9:00 pm*

### Psychic Development Techniques

Learn how to make your thoughts creative in order to materialize your dreams, desires, and goals in this lifetime. Direct guidance given in special mantras, breathing, and meditation practice.

*Every Wednesday 8:00-9:00 pm*

### Deep Yogic Healing Relaxation Method

Relaxation is the best antidote for impurities, disease, and illness. Restore and rejuvenate the physical body, joints, organs, and mind to serenity through a blissful guided deep relaxation. This result occurs on an unconscious level, as your body systems will begin to become healthy, balanced and refreshed. Restful program, blankets provided.

*Every Saturday 11:30am - 12:30pm*

### Weekly Practices with Sri Dharma Mittra

Mon - Thurs 12 - 2:00pm | Tues 6:30 - 8:00pm Master Practice  
Mon, Wed 6:30 - 8:00pm, & Sat 10:00 - 11:30am | Maha Shakti  
Sat 1:00 - 2:15 | Dharma Partnering

### Maha Sadhana Held every 3rd Saturday Monthly

*Dharma Yoga West 6 - 9pm*

The Great Divine Whole and Complete Eternal Practice of Sri Dharma Mittra begins with Purification Practices, including Spiritual Discourses on the Yamas and Niyamas, Mantra Yoga, Karma Yoga, Pranayama, and much more. It continues with a two hour Dharma Yoga Shiva Namaskara practice, emphasizing spiritual intent and proper alignment. The closing celebration is Sri Dharma's Devotional Dharma Asana Satsang Jam, completing a night not to be missed.

## C H O I C E S E n i d J o h n s t o n e



We all want to live well, and how well we live is influenced by the choices we make in our lives. The easiest way to making the right ones is by turning to the Yamas and Niyamas – the foundation of yoga. Under the guidance of these ethical rules the drama that is often a part of our lives starts disappearing. Yoga's ethical rules do not keep us from living life, but rather open life up to us. It is simple: follow the rules and live life with love and joy.

Ahimsa – Always ask the question: what is the compassionate thing to do? How we treat ourselves is often the same as how we treat others. So start by treating yourself with love and respect. By practicing ahimsa and not causing pain, you surround yourself with an aura of peace that will always protect you.

In Truthfulness we choose to make our lives an experiment in truth. See what your life will look like if you choose truth in every single moment, even the ones that no one but you will know about. We are all thieves. Every day of our lives we steal from ourselves, from each other, from nature. Stealing starts in the mind, when we want what others have. We steal when we compare ourselves to others, when we don't live in the moment, when we drag people down with bad moods or behavior. By being conscious of this and practicing Non-stealing, we can bring abundance back into our lives.

Stealing is fueled by Greed. Make your life as simple as possible and the mind will not feel the loss or the lack of anything. The accumulation of possessions, rewards and recognition take a lot of effort. Let go of control, expectations, attachments, regrets, plans, resentment. Pack lightly for your journey through life. By practicing moderation and self-restraint, we save energy. Whether we overdo work, food, entertainment, exercise or sleep, excess is the result of forgetting the holiness of life. Brahmacharya reminds us to say - enough. Over-indulgence kills prana, or life force. Know that and when it is enough, stop there. ॐ





## T H E P R A C T I C E O F P R A N A Y A M A S r i D h a r m a M i t t r a

Pranayama is the fourth limb or step of Astanga Yoga (the classical Eight-Limbed Path). Prana is energy or Vital Life-Force. It is intense vibration, though there are different levels of intensity. Some vibrations are so intense that we recognize them as radiation. Others are so extremely subtle that they are beyond the grasp of the human mind. Yama means control. So, pranayama is controlling the Vital Life-Force. We learn through study of the yogic scriptures that pranayama is one of the main practices, because without prana, nothing exists. Indeed, everything moves because of prana, and everything attains name and form due to prana. Even the mental patterns which are the thoughts are generated by the vibration of prana, and thoughts then materialize because of it.

According to the yoga system, every time you are born, you are born with a set number of breaths. If you spend your life full of doubt, this causes pain and suffering, which in turn leads to lack of self-control. Then, the breath goes out of rhythm. This results in depression, anxiety, anger and greed. You may have already noticed that when you're angry, you breathe very fast. If you have Asthma, you breathe very fast all the time. You use up your quota of breaths, and then you're done and you go. The ancient ones discovered that through the practice of pranayama and meditation, you are able to slow down the breath. Just by gaining spiritual knowledge, you'll grow calmer and have fewer doubts. With knowledge, you grow calmer automatically, and this affects the senses, as well. If you breathe at a rate of 16 or more breaths per minute, there is a perpetual longing for activity (rajas).

There are many different kinds of breathing exercises (pranayama). Some are done to warm you when you're cold, others to help you feel positive when you are not, another when you feel restless, and so forth.

Many breathing exercises address a specific state, but overall there are the main pranayama exercises that join prana and apana at the navel region. With constant practice and the correct locks (bandhas), the joined prana and apana break the gate at the base of Sushumna Nadi, the main energy channel, and the prana begins to travel up to the head. Along the way, the Major Chakras (psychic energy centers) ignite, and begin to function full-force until the end of the journey is reached and you have Divine Perception. This is not the only way to find enlightenment, but the pranayama techniques are good because they speed up the process. Do lots of pranayama, eat healthfully, observe yama and niyama (the ethical rules and observances of yoga – the first and second steps of Astanga Yoga), and then you make progress very fast and you don't need to be re-incarnated hundreds of additional times. Like all religions, if you observe the ethical rules and surrender to the Almighty One, automatically you are ready. Then, prana and apana join, the gate opens and the prana goes up.

This is a very slow process that takes many lifetimes for most people. Do some practice, sacrifice some of your happiness from the outside world, and then it goes very fast. Reading of scripture, devotional singing (kirtan) and Karma Yoga (selfless service) work also. These three paths are the easiest and most painless. In this case, you don't need the postures or breathing exercises at all. So, discover what your tendencies or dharma's are and do the practices that work for you a little every day. Remember, the secret to success is constant practice. Be nice to everyone, fulfill your obligations, speak truth, and you are sure to achieve radiant success in yoga. Be receptive to the grace of God.

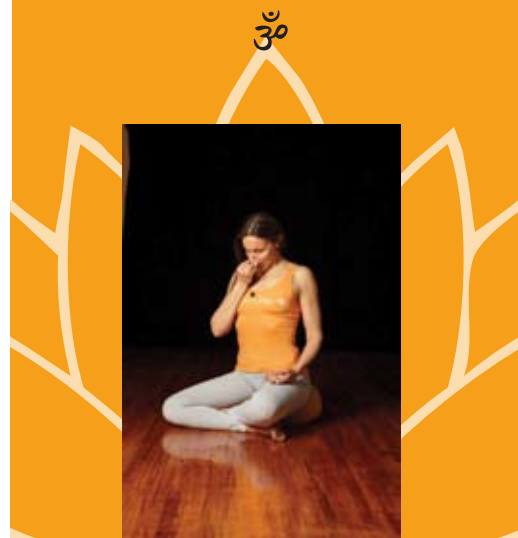


*Continued from page 4*

To me, Sri Dharma Mittra is the living embodiment of all the teachings of the Gita. What a divine blessing to behold "the man of steady wisdom merged in samadhi" as Krishna described to Arjuna when he asked how such a man "speak, sit, how move?"

Through the grace of my teacher, I was led to my own dharma. I feel truly blessed and grateful to continuously learn from him everyday, and to share the divine science of yoga with others as it has been imparted to me, as an offering.

It is my humble hope that I may serve as Dharma's "extension light" and shed light in the darkness to help alleviate the pain and suffering of those in need wherever I can.



Sept 3	Labor Day Retreat w/ Dharma Mittra	Dharma Yoga West
Sept 4	Bhagavan Das Labor Day Kirtan	Dharma Yoga West
Sept 18	Battery Park Global Mala for Peace	New York City
Sept 24	S. Boston Yoga w/ Dharma Mittra	Boston, MA
Oct 2	Krishna Das/Sharon Salzberg Wrksp	Dharma Yoga West
Oct 23	Sri Dharma Mittra at CNY	Syracuse, NY
Nov 5 - 6	Be Receptive to Grace Retreat	Miami, FL



For more information or to register, visit [www.dharmayogacenter.com](http://www.dharmayogacenter.com), or call 212.889.8160

D A I L Y S C H E D U L E S

FALL 2011 COURSES & SERIES

**BASICS COURSE I INTENSIVE**

Mondays 7:30 - 9:00pm  
Sequence Sheets Included

Upcoming Monthly Sessions:  
Sept 12 - Oct 3 | Oct 10 - Oct 31  
Nov 7 - Nov 28

**BASICS COURSE II INTENSIVE**

Wednesdays 7:30 - 9:00pm  
Sequence Sheets Included

Upcoming Monthly Sessions:  
Sept 14 - Oct 5 | Oct 12 - Nov 2  
Nov 9 - Nov 30

**MEDITATION BASICS INTENSIVE**

Tuesdays 8:00 - 9:30  
Upcoming Monthly Sessions:  
Sept 13 - Oct 4 | Oct 11 - Nov 1  
Nov 8 - Nov 29

**DHARMA KIDS 14 WEEK SERIES**

**Sept 15 - Dec 22**  
Pea Pods | Ages 4 - 7  
Thursdays 3:30 - 4:25pm  
  
Sept 12 - Dec 22  
Sprouts | Ages 8 - 12  
Thursdays 4:30 - 5:15pm



14 Weeks for \$258  
Discount Reg by August 20 for \$245

Register @ [www.dharmayogacenter.com](http://www.dharmayogacenter.com)  
or call 212.889.8160 for more info

**THE DHARMA YOGA SYSTEM**  
is based on the life-long teachings of **SRI DHARMA MITTRA**. Our goal is to bring all people to a state of stress-free, radiant health through exercise • asana or posture practice • breathing • meditation • and deep relaxation. **DHARMA YOGA** develops an understanding of the Self through practical spiritual life lessons. Reawaken your body, mind, and spirit.  
• Excellent Teachers  
• Personal Attention  
• Smaller Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:00 - 11:15 <sup>®</sup> Dharma I Beginner	10:00 - 11:15 Dharma II Adv Beg	9:30 - 10:45 Dharma I Beg	10:00 - 11:15 Dharma II Adv Beg	10:00 - 11:15 <sup>®</sup> Dharma I Beg	9:30 - 10:45 <sup>®</sup> Dharma I Beg	9:30 - 10:45 Dharma II Adv Beg
12:00 - 1:00 Lunch Time Experts		12:00 - 1:00 Lunch Time Experts		12:00 - 1:30 Dharma III Intermediate	11:00 - 12:00 Gentle	11:00 - 12:00 Gentle
	3:00 - 4:00 <sup>®</sup> Dharma I Beg		3:30 - 4:30 Dharma Kids Pre-Prep Age 4+		12:00 - 1:30 Dharma II Adv Beg	12:00 - 1:20 Dharma IV Advanced
4:00 - 5:00 <sup>®</sup> Gentle	4:00 - 5:15 <sup>®</sup> Dharma II Adv Beg	4:00 - 5:00 <sup>®</sup> Gentle	4:30 - 5:20 Dharma Kids Sports Age 4+	4:00 - 5:00 <sup>®</sup> Dharma I Beg	1:30 - 2:30 Dharma I Beg	1:30 - 2:30 Dharma I Beg
5:00 - 6:00 Dharma I Beg	5:30 - 6:30 Gentle	5:00 - 6:00 Dharma I Beg	5:30 - 6:30 Gentle	5:00 - 6:00 Dharma II Adv Beg	2:30 - 3:30 Dharma II Adv Beg	2:30 - 3:30 Dharma II Adv Beg
6:00 - 7:15 Dharma I Adv Beg	6:30 - 7:45 Dharma I Beg	6:00 - 7:15 Dharma II/III Adv Beg/Int	6:30 - 7:45 Dharma I Beg	6:00 - 7:15 Dharma I Beg	3:30 - 4:30 Dharma III Intermediate	3:30 - 4:30 Dharma III Intermediate
8:30 - 9:00 <sup>®</sup> Yogi I	8:00 - 9:30 <sup>®</sup> Meditation Begin	7:30 - 9:00 <sup>®</sup> Dharma I	8:00 - 9:15 Dharma III Intermediate	7:30 - 8:30 Deep Healing Relaxation 8-15 Kirtan	5:00 Workshop	5:00 Workshop

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Master Practice Maha Shakti Lecture Practice <sup>®</sup>	Vigorous Moderate Practice By Donation <sup>®</sup>		10:15 - 11:30 <sup>®</sup> Dharma II   III		10:00 - 11:30 Maha Shakti
12:00 - 2:00 Master Practice	12:00 - 2:00 Master Practice	12:00 - 2:00 Master Practice	12:00 - 2:00 Master Practice		11:30 - 1:00 Deep Healing Relaxation Method
5:00 - 6:00 <sup>®</sup> Dharma I	5:00 - 6:00 <sup>®</sup> Dharma I	5:00 - 6:00 <sup>®</sup> Gentle	1:30 - 2:00 <sup>®</sup> Psychic Development Techniques		1:00 - 2:15 Dharma Partnering
6:30 - 8:00 Maha Shakti	6:30 - 8:00 Maha Shakti	6:30 - 8:00 Maha Shakti	7:00 - 8:15 Satsang		6:00 - 9:00 Maha Sadhana Master Practice Self Knowledge Meditation Antra Japa Maha Japa
8:00 - 9:00 <sup>®</sup> Self-Realization Breathling Meditation	8:00 - 9:00 <sup>®</sup> Yoga Remedies to Overcome Stress and Depression	8:00 - 9:00 <sup>®</sup> Psychic Development and Meditation Techniques			

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