

Dharma Yoga®

be receptive

L o n d o n



Dharma Mittra in London

Sunday 15th August 2010

**Royal Opera House,
Glore Studio,
Covent Garden,
London WC2E 9DD**

Renowned yogi Sri Dharma Mittra returns to London for the first time in four years to bring his best of 50 years of yoga practice. A very special two-session programme will be held at the Royal Opera House, Covent Garden. Don't miss the auspicious event, designed to bring peace of mind, brought to you by London's Dharma Yoga teachers and Dharma Yoga Center New York.

**Part One: 11am-2pm
Maha Sadhana £45**

**Part Two: 3pm-5pm
Purification Sadhana £35
Both sessions combined: £75
(£90 after 1st August)**

Bookings can only be made online at www.dharmayogalondon.com
No money will be taken at the venue on the day of the event.

**11am-2pm Maha Sadhana:
The One Great Eternal Practice**

Advanced Beginners to Advance

Students Sri Dharma Mittra masterfully helps students develop the confidence to surrender to the divine in everyday life through this comprehensive program. Dharma III-IV, a challenging, meditative, and unique sequence that involves complete movement of the spine in order to unleash the life force within it, is taught in this session. Evolving after 50 years of intensive practice, it is popular with students from all backgrounds. With regular practice, you'll bring an end to weight problems and diseases, attain health and stamina, and advance toward Self-realization. Included will be a guided deep relaxation, pranayama, a Dharma talk, and his joyous Asana Satsang Jam which instills compassion and dedication.

Price: £45 (£55 after 1st August)

For more information, email info@dharmayogalondon.com
Visit www.dharmayogacenter.com for more information about Sri Dharma Mittra and Dharma Yoga.

**3-5pm By His Grace,
Purification Sadhana**

All Levels

Sri Dharma Mittra will dispense his special cleansing detoxification program to all in order to help purify the mind, the gross physical body, and the subtle astral body of impurities. It will include ancient breathing and sound techniques, mantra japa, as well as, relaxation and meditation practices. This purification leads to higher states of physical and mental health, culminating ultimately into blissful self-realization. The key benefits will include removing negative states of mind, and promoting positive thinking in order to manifest what one desires in their lives. The techniques and lectures bring clarity which leads to freedom (Vairagya), remove toxins from the body non-invasively, open the chakra centers, and remove blocks to the flow of prana, the life giving force which links breath, body and mind, improving concentration, and improving one's inner intuition.

Price: £35 (£45 after 1st August)