



# ADK YOGA

Swami Ramananda

President of the Integral  
Yoga Institute  
New York City

Thursday, September 9 &  
Saturday, September 11

**SPACE IS LIMITED**

**Thursday September 9, 6:30 to 8:30 PM**

**Deepening Your Practice: Hatha Yoga as a Tool for Self-Discovery [\$35]**

Since we tend to feel ourselves to be the physical body, most students of Yoga have gotten involved for physical reasons. But the masters of Yoga designed the science of Hatha Yoga primarily for the purpose of leading us into deeper, more subtle levels of our being. This workshop will examine:

- The place of Hatha Yoga in the overall framework of Yoga
- How we can use the Yogic Postures and breathing practices to come in touch with more subtle dimensions of our nature
- Practical hints on how to derive more satisfaction and enjoyment from our practice.
- How our practice can cultivate the awareness and stillness needed to experience the Spirit within us and within the world around us.

**Saturday, September, 11, 11 am to 2pm**

**Making Peace During Difficult Times with Ourselves, Each Other and Our World [\$50]**

We live in a time when our world is filled with conflicts. Our country is waging war against terrorism, and the instability within our country is just as unsettling. Problems with the economy and greed and dishonesty in both the corporate sector and in our government, all contribute to an atmosphere of heightened tension, defensiveness and fear.

If approached within the context of perennial wisdom, these disturbing conditions can put you in touch with the basic uncertainties of human life and the need to ground yourself in an essential and unchanging spiritual foundation. In this workshop, you will discover how the teachings and practices of Yoga can help you find solid ground in the midst of turmoil, become aware of your personal fears and conflicts, and make peace in your own heart.

The workshop will examine how to bring the benefit of your practice into your daily relationships and make your communications with others part of your spiritual path. You will come away with strategies on how to come to terms with this age of fear and war by remaining present to, but not lost in, this painful reality, and by asserting in each moment, your personal choice to make peace and to live a message of peace.

*Swami Ramananda is the President of the Integral Yoga Institute in New York City and a greatly respected senior teacher in the Integral Yoga tradition, who has been practicing Yoga for over 30 years. Through his affinity for and devoted study of The Yoga Sutras of Patanjali, Ramananda offers practical methods of integrating the ancient practices of yoga into daily life, and coping with stress, depression, and anger. He leads advanced level yoga teacher training programs in NYC, and offers a variety of workshops in the US and abroad. He also teaches at Yoga Journal and Omega national conferences. He is a founding member of the Yoga Alliance, a national registry that supports and promotes yoga teachers as professionals.*

**REGISTER for BOTH WORKSHOPS FOR \$75**

ADK Yoga, 22 US Oval, Suite 122, Plattsburgh, NY

To Register please call 518-561-2869, ext. 2.

Full payment in advance required.