

GREAT INDIAN EPIC

RAMAYAN: STORY, ASANA + MANTRA



Saturday, March 14 | 2:45pm - 4:45pm | \$40; \$35 if registered by March 9th. Early Bird reservations must be purchased at a unit location

This one-of-a-kind workshop will combine Hatha-Vinyasa Yoga (Asana), Bhakti Yoga (puja and mantra) and Jnana Yoga (learning about sacred texts). Hear the legendary tales of Dharma and heroism of the RAMAYAN that have captured the hearts of hundreds of millions of people all over the world. Learn about Lord Rama, his consort Sita, and the valiant Hanuman. Participate in Rama Puja, chant, and enjoy an asana practice that will focus on Hanuman Kriya and Ardha-Hanumansana and Hanumanasana.

Kirtan was born in Los Angeles to dedicated yogi parents. His first trip to India was at the age of 6, and a few years later returned for a year of intensive yogic studies at an Ashram. He completed Teacher Training at the Krsna-Shakti Ashram in Sao Paulo with Regina Shakti, one of Brazil's foremost Hatha Yoga masters. For 6 years he taught Yoga and guided guests and celebrities from around the world on jungle hikes and ocean kayak tours at an internationally acclaimed Adventure/Detox/Yoga center. He teaches Hatha-Vinyasa Yoga and strives to make Ahimsa the basis of his life. He is known for his attentiveness and care for his students and for infusing aspects of Bhakti (devotion) into his classes. He was recently featured in a Wall Street Journal article on Yoga. For more info please visit: www.TheContentSoul.com

