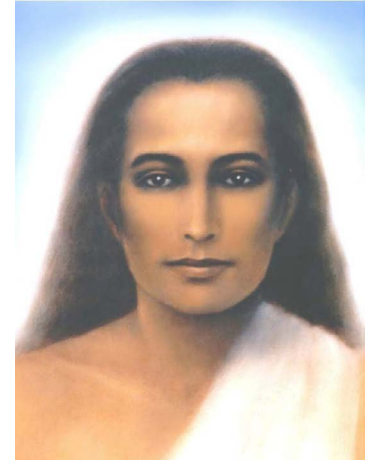


Babaji's Kriya Hatha Yoga

6 Week Yoga Course

For Beginners and Advanced Students
Begin or Deepen Your practice



SCHEDULE

Tuesdays 5:40pm - 7:40pm

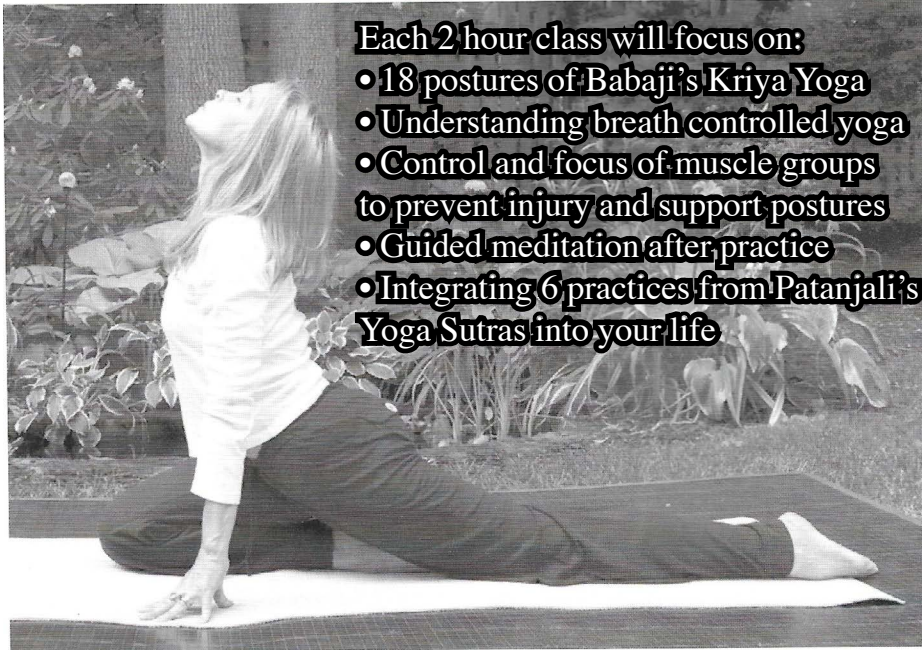
Feb. 26th - Apr. 2nd

@

Sacred Mountain Studios
215 College Street
Burlington, Vermont

All 6 Classes = \$75
or \$15/class

email to register by Feb.22nd



Each 2 hour class will focus on:

- 18 postures of Babaji's Kriya Yoga
- Understanding breath controlled yoga
- Control and focus of muscle groups to prevent injury and support postures
- Guided meditation after practice
- Integrating 6 practices from Patanjali's Yoga Sutras into your life



Acharya Krishna Bright of Babaji's Kriya Yoga Order of Acharyas is a 300 hour Yoga Alliance Certified teacher. Experiencing profound transformation through his own practice of yoga over the last 20 years, he looks forward to sharing this special yoga tradition for the benefit and upliftment of all.

Learn more about Krishna: www.krishnabright.com

Learn more about Babaji's Kriya Yoga: www.babajiskriyayoga.net

Contact: jamiebbright@gmail.com

These 18 postures were selected by Babaji from among the thousands which exist to form an efficient system for rejuvenating the physical body and preparing it for the more subtle phases of his Kriya Yoga. The Himalayan master is living proof of their effectiveness. Each posture has several stages, making them suitable for the beginner and experienced student. The postures are also arranged in pairs, or counterposes, facilitating the relaxation stage following each posture... The numerous benefits of each posture in the healing and prevention of various functional disorders will also indicated.