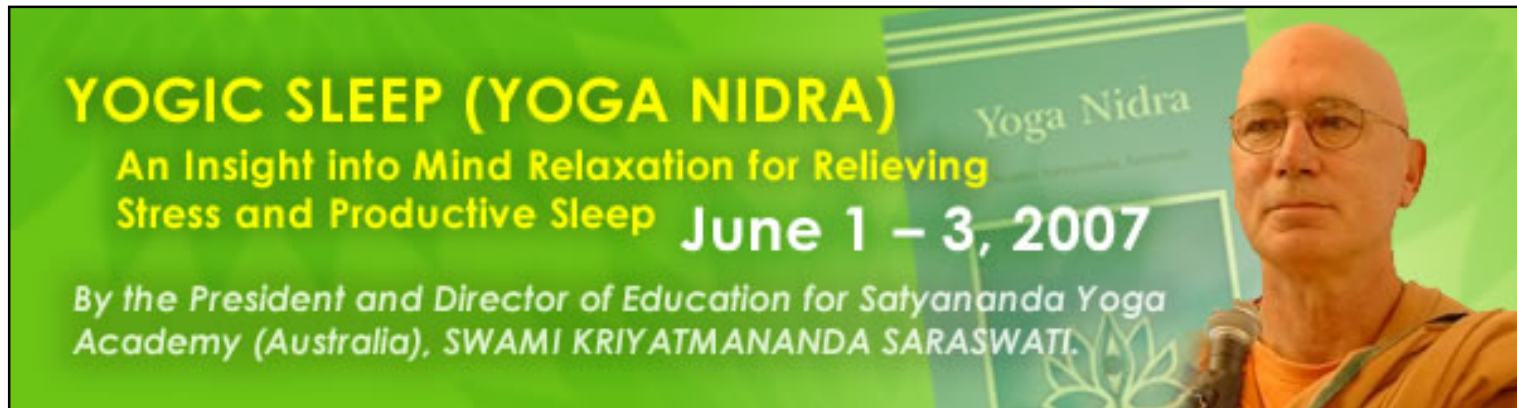


YOGIC SLEEP (YOGA NIDRA)

– An Insight into Mind Relaxation for Relieving Stress and Productive Sleep



1 Jun (Fri) - 7.30pm to 9.00pm

FREE TALK – Pratyahara: where outer becomes inner

The talk will focus on understanding the concept of Pratyahara (withdrawal of senses) and overviewing specific yogic practices that facilitate the experience of this state. In the tradition I come from, Pratyahara is taught in a well considered, structured and tested technique in the study of Satyananda **Yoga Nidra**. Satyananda Yoga Nidra is extremely conducive to the state of Pratyahara. Other practices commonly utilised in the Satyananda Yoga tradition for this purpose will be outlined also, including bandhas, mudras and pranayamas. So if you are interested in looking at the potential of yoga beyond asana I encourage you to attend this evening. If you are interested in actually learning these techniques (particularly Satyananda Yoga Nidra) a workshop will be conducted over Saturday and Sunday to this end.

2 Jun 2007 (Sat) – 9.00am to 12.00pm ; 2.00pm to 5.00pm

3 Jun 2007 (Sun) – 9.00am to 12.00pm ; 2.00pm to 5.00pm

In my experience regardless of which pathway and of which technique, one employs all types of yoga have one common goal and that is to provide us with a method or a technology by which we can go inwards to discover our own essential nature or reality. Sage Patanjali, who created what we can call a map of this inner odyssey has broken the voyage into 8 sections that start with our outer body and progressively takes us further in to deeper and more subtle components of our inner reality. Most of us are quite familiar with the outer components but not so many with the inner. The **cross-road** from outer to inner is known in yogic terminology as **Pratyahara**. Like all the other stages Pratyahara is both a state and a process. Within the Satyananda Yoga tradition, most notable and widely practiced is Satyananda Yoga Nidra. Yoga Nidra in the Satyananda Yoga tradition is **NOT** simply lying in Shavasana: it is a systematic practice with **defined stages** in a **defined sequence** each having a defined role in progressively taking us directly to our inner world. Of course Yoga Nidra has numerous other benefits and as a consequence it is a wonderful aid for everyone in the modern world whether they be casual or dedicated practitioners. Auxiliary benefits of Yoga Nidra include **stress relief and relaxation**, both so important in these challenging times. Over this coming weekend the purpose and particularly the practice of Satyananda Yoga Nidra will be looked at in detail **stage by stage**. Along with Yoga Nidra, other practices from the Satyananda Tradition that are conducive to pratyahara will also be shared.

About Swami Kriyatmananda Saraswati



Swami Kriyatmananda is President and Director of Education for Satyananda Yoga Academy which is the Australasian wing of the Bihar School of Yoga. Swamiji had been teaching yoga since 1978. His experience and depth of knowledge has gained him wide invitation to deliver Teacher Training around the world on behalf of SYA. He was instrumental in the development of the Diploma of Satyananda Yoga Teaching which is now an Australian Government accredited course and arguably the most extensive mainstream yoga teacher training course in the world. He will be giving teachings on the many concepts and practices that collectively make up what is known today as Satyananda or Bihar Yoga. Swamiji was late invited to be the speaker at China Yoga Conference Beijing 2005 and Yoga In Asia Conference, Guangzhou 2006.

Price :

SGD 260 entire weekend

SGD 160 per day

SGD 80 per session

(a certificate of participation will be given for people who come for the full day on both 2 & 3 Jun 2007).

Venue for Workshop:

Kryoga

No. 1 Goldhill Plaza #02-05

Novena, Singapore 308899

Phone: 65 6256 6518

For more information, please contact:

Victor Chng

info@yogainasia.com

Phone: 65 98260088

www.yogainasia.com

Jacqueline Lim

jacqueline_ll@yahoo.com.sg

Phone: 65 6256 6518