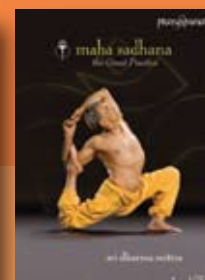
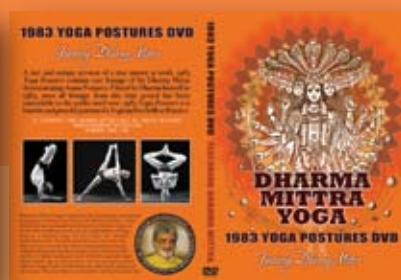
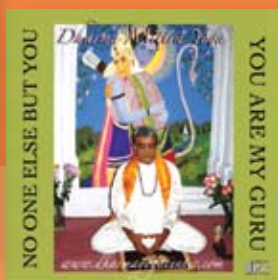


DHARMA MITTRA

Legendary Yoga Master Sri Dharma Mittra, now 73, the first independent Yoga teacher in New York City and known as the "Rock of Yoga," has taught hundreds of thousands over a near-half century. Founder of the Dharma Yoga Center's East and West, the oldest running school in New York City, he has created over 300 popular yoga postures. Sri Dharma Mittra is the author of *The Master Yoga Chart of 908 Postures*, *Asanas: 608 Yoga Poses* and "Maha Sadhana" DVD series. "The Teacher's Teacher," Sri Dharma travels and conducts "Maha Sadhana and Maha Raja" Immersions, and "Dharma Yoga Life of a Yogi" Teacher Training programs worldwide. www.dharmayogacenter.com



Friday March 30th 9:00 am - 4:00 pm FR1MIT

The Eight Limbed Universal Power Behind All Action

Dharma Shiva Namaskara Vinyasa, Deep Healing Relaxation Method and Yogic Purification Practices: The "Teacher's Teacher," legendary and humble Yogi Sri Dharma Mittra shares the divine foundation of the Dharma Yoga Method which has evolved after 50 years of intensive practice. Popular with students from all backgrounds, these challenging and therapeutic practices come to life for each individual by helping the turbulent mind remove obstacles, become quiet, introspective and content, thus allowing one to become the best expression of humanity possible. Included are his deeply inspiring lessons of love, peace, and unity needed to maintain a connection to God in all actions. Sri Dharma Mittra's unique, graceful, and powerful Shiva Namaskara Vinyasa asana series, integrates prana throughout the metabolic and physical bodies. He will give directed guidance to cultivate the mind with invaluable and profound sacred teachings on the eight limbs, ethical rules (yama and niyama), karma, yogic diet, ancient breathing practices, deep healing relaxation and sound techniques. Sri Dharma Mittra is a master of guiding each individual to peace, contentment, and realization of the divinity within you in his Dharma talks.



Saturday March 31st 8:00 am - 10:00 am SA1MIT

Maha Sadhana – The Eight-Limbed Universal Power Behind All Action

This challenging, therapeutic and meditative Dharma III-IV Shiva Namaskara Vinyasa series is designed to unfold complete movement of the spine, unleash prana throughout the body, restore radiant health, and bring clarity to the mind, and power behind your thoughts. Dharma's Spiritual Discourses will boldly illuminate the path for practitioners on practical and philosophical methodology of the laws of karma and reincarnation, and yogic diet. Intermediate thru Advanced Practice - Mostly Asana, with Pranayama, Deep Relaxation, and Spiritual Lessons

Saturday March 31st 1:00 pm - 3:00 pm SA3MIT

Maha Raja The Foundation is Being Receptive to Grace

Everything of this world starts as a thought first, and then comes to be. From his 50 years of knowledge and experience in yoga practice, Sri Dharma Mittra will creatively teach: asana (physical postures), the kleshas (the five causes of pain and suffering), the koshas (the five sheaths that conceal atma), kriya purification techniques, and guidance on how to surrender to the "All Mighty One." Positive thinking can become the foundation that leads one to travel the road of being receptive to Grace.

Sunday April 1st 9:00 am - 11:00 am SU1MIT

Maha Shakti The Illumined Path of Dharma Yoga

Embrace your power in this illumined Dharma II – III Shiva Namaskara Vinyasa Asana Series for all practitioners. This graceful, regenerative, invigorating and unique posture practice, combined with powerful breathing techniques, efficient meditation methods, will bring radiant health, fitness and self-knowledge quickly to all students. It will purify the physical and causal bodies of toxic impurities, evoking sattvic thoughts and leading to higher states of health. It includes a Dharma Talk on practical and spiritual philosophical methodology, discourses on karma, yogic diet, as well as classical breathing techniques.

Sunday April 1st 11:30 am - 1:30 pm SU2MIT

Divine Grace Purification Sadhana

Learn Sri Dharma Mittra's special cleansing detoxification program, which will help purify the mind, gross physical and subtle astral bodies of impurities. Learn ancient breathing and sound techniques, Om Mantra Japa, Deep Healing Relaxation Method, and meditation practices are all included. This purification leads to higher states of physical and mental health, culminating ultimately into blissful self-realization. Benefits of this workshop include, removing negative states of mind, promoting positive thinking to manifest that which 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.