



CENTER AND GROUND YOURSELF WITH A KUNDALINI YOGA/ KIRTAN EVENT FOR THE 2012 NEW YEAR

Saturday, January 14th 9:40-3:30 p.m.

Sadhana Meditation Center South Portland, Maine

**Cost: \$50.00 in advance for both or \$65.00 at the door...includes lunch
Yoga or Kirtan individually: 25.00 in advance or 35.00 at the door... includes lunch**

Partial scholarships may be available... please inquire

Please send your check made out to: Sadhana..... along with a cell phone number, e-mail address, and home address on a separate sheet for contact info in case of snowstorm

**Send to: Sadhana
100 Brickhill Avenue
South Portland, Maine 04106**

**Attention: Carolyn
Should you need further information please contact Carolyn at: 772-6898**

PROGRAM:

9:40-10:00 a.m.----arrival

10-12 noon---Kundalini Yoga begins

12-1:00 p.m.- Light vegetarian lunch provided

1:30-3:30-----Kirtan with Eddy Nataraj (eddynataraj.com)

Kundalini Yoga instruction.... dress comfortably and bring yoga mat and/or sheepskin/blanket.

Instructor: Bret DuBack is a Kundalini Yoga teacher with 16 years of extensive yoga experience who was taught under Ravi Singh and Yogi Bajan.

Eddy Nataraj has presented various Kirtan/concert meditations at Kripalu and also opened for Snatam Kaur who is one of the foremost leading Kirtan artists today.

WHAT SPECIFICALLY IS KUNDALINI YOGA?

This type of yoga is known as the yoga of awareness. Using music and various postures, we focus on the breath, relax the body and allow ourselves to be in the present moment....the Infinite Consciousness Within.

“Most of the time, we are caught up in doing rather than being, in action rather than awareness....Kundalini yoga gives us a state of quietude where we are able to touch a level of joy and understanding impossible to achieve otherwise....It is said “Be still, and know that I am Infinite Consciousness which resides in you.” In these few words lies the key to the science of yoga....This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing who we really are.” Paramahansa Yogananda It is the practice of being still with ourselves that we can start to clearly see our path/purpose/destiny in the world. When we get clear with this, our lives start to open up in miraculous ways.

The more one practices Kundalini yoga the more one is consistently in the present moment which brings clarity of mind, body, and spirit. By practicing this yoga we come to know our oneness with Infinite Intelligence, Power, and Joy which gives life to all and which is the essence of our own Soul Life.

WHAT IS KIRTAN?

Kirtan is the devotional aspect of singing/chanting prayers to the Infinite One. No matter what your understanding of Divine Consciousness you will grow deeper in connection with Infinite Mind and come away feeling relaxed, centered, renewed, and refreshed.

WHAT KIND OF STYLE OF KIRTAN DOES EDDY BRING?

He brings a soulful, Spanish, gypsy guitar and is the perfect vehicle for the heart opening chants....it is opening the heart that we find ourselves and Divine Consciousness within....Eddy helps all to feel welcome to the practice of kirtan, whether one is **experienced or a brand new beginner. Jump aboard the devotional kirtan train!**

**GET READY FOR A
WONDERFUL DAY OF
COMMUNITY!**