

# Intro to Basic Transformational Yoga Workshop Detox Cleanse

the Body

the Mind

## What is Transformational Yoga

SriMa Transformational Yoga is based on the premise that every individual harbors in the core of his or her being, the capacity to continuously experience pure consciousness, characteristics of which are good health, emotional balance, mental and spiritual clarity. SriMa Transformational Yoga is a powerful system that activates these inner resources that allow students to live in a state of inner wellbeing, which lightens the pressures of contemporary living.

Basic SriMa Transformational Yoga emphasizes on the practice, awareness of key yogic postures, breathing and Yoga techniques. Practical and experiential understanding is central to the success of this program and so students can reap more benefits by devoting substantial time to regularly practice the techniques themselves - either at home or by attending classes at the school.

In the Introduction to Basic Transformational Yoga Workshop, you will learn and experience:

- 1) Foundational Breath Techniques**
- 2) Physical Yoga Asanas**
- 3) Using the Power of Concentration to achieve progress in Yoga**
- 4) How to Integrate Pranayama/Hatha/Raja Yoga together to rapidly achieve detoxification & healing.**

Weekday Evenings

Time: 7 - 930 pm

Venue: Simei Green Condo



# Heal

the Spirit

After the program, students are encouraged to practice regularly at home and take up weekly/bi-weekly Micro Group Yoga lessons with us.

It is better to attend classes here at the school because no amount of self-practice can compensate for the personal guidance offered by the teacher as well as the group experience.

After a period of 3-9months of practice, students report benefits like pain relief, fat release, increase in stamina, curing Insomnia & looking younger.

To register,

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