



# BHAVANI MAKI

## August 17-19

Held At The People's Yoga 30th  
Studio

**5428 Northeast 30th  
Avenue**

Friday 530-830pm  
Saturday & Sunday  
930am-12pm & 4-6pm

\$215 entire weekend  
\$65 per session

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### KRIYA YOGA

Patanjali describes Yoga in action as Kriya Yoga, purification through Tapas (physical practice), Svadhyaya (self-regulation) & Ishwarapranidhana (letting go).

#### Friday PM 530-830

Patanjali uses the term Kriya Yoga as the active purification of the physical, mental and emotional bodies. The first aspect he mentions is Tapas, the value of challenging our self to keep us vital and dynamic. We will explore Tapas in reference to the Sutra on asana and pranayama with some experiential practice.

#### Saturday AM Asana 930-12

The Yoga asana can be applied systematically as an act of purification known as Kriya. This subtle yet profound shift in approach penetrates the physical and subtle bodies in a way that moves energy to uplift and invigorate all of our systems. balancing and twisting asana will provide the context to explore freedom within the content of our being.

#### Saturday PM Sutra Class 4-6

The second aspect of Kriya Yoga is Svadhyaya, self-analysis in which we monitor our personal progress, and self-correct. An inquiry into the nature of Self and how the Sutra encourage the art of unfolding into one's most authentic and skillful expression of Self.

#### Sunday AM Asana 930-12

The ancient masters describe strength as the development of Sushumna Nadi, or the central nervous system and Bandha as a point of stability to explore concentrated awareness. This class will work directly with the nervous system as the link between the Earth's magnetic field and accessing cellular lightness in our personal sphere.

#### Sunday PM Sutra Class 4-6

The 3rd aspect of Kriya Yoga is Ishwarapranidhana, recognition that there is a greater perspective that holds all of creation in balance. An inquiry into the nature of the spirit and the soul, and how to leverage one's Karma into Dharma - our unique offering of self to the Self.