

Registration Form

Kriya Yoga Silent Retreat
April 16 & 17, 2010

Name : _____

Address: _____

City : _____

State: _____ Zip : _____

Tel (day): _____

Cell : _____

Email : _____

Profession : _____

Date of Birth: _____

Contribution:

(Before March 15, 2010)

\$ 250 per person

*Included lodge, board
and veg. lunch and dinner*

After March 15th 2010 per person

\$300 per person

For Registration & Reservation

305 267 6772

Email :holisticyoga@bellsouth.net

Check payable to

Institute of Holistic Yoga

Please mail to the following address

7970 SW 13ter Miami FL 33144



Paradise Nature

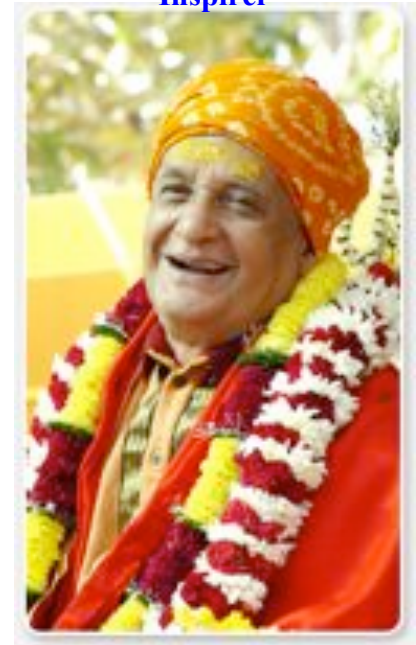
Is a 65-acre park nestled in the heart of Miami. This magical place is home to The Sense of Wonder Nature Center and Trail set within one of the few remaining Pine Rocklands in Miami-Dade County. As a result, it has become an "oasis" for migrating birds and, according to the National Audubon Society, is one of the best places to see birds in Miami.

Kriya Yoga

Silent Retreat

April 16 & 17, 2010

Inspirer



Swamiji Paramahansa

Satyananda

Pujya Gurudev

Paradise Nature

3401 SW 73 Ave. Miami Fl,
33155

Information and Reservation
Institute for Holistic Yoga

www.omsatyananda.com
HolisticYoga@bellsouth.net
305 267 6772

Kriya Yoga

Silent Retreat

Supreme Path of Self Realization, inner
peace and divine wisdom

The science of Kriya yoga technique taught by Paramahansa Satyananda called Kriya, or the healing breath. (The practice goes by this Sanskrit name in whatever language the program is taught throughout the world.) One of the breath's great secrets is that for every feeling or emotion there is a corresponding rhythm in the breath. Kriya Yoga incorporates specific natural rhythms of breath to release stress and bring the mind to the present moment.

Benefits of Kriya yoga

- *Greater creativity and clarity of mind
- * Reduced stress and tension
- *More ease and joy in personal relationships

The practice is instrumental in creating harmony in the body, mind and spirit. After the practice, participants

commonly report feeling calm and centered, with a clearer vision of the world and themselves.

Kriya yoga also refers to specific yoga practices taught in the Satyananda Yoga, lineage of Swami Satyananda. The practices of Kriya Yoga were propagated by Swami Satyananda Saraswati from secret teachings described in the Yoga and Tantra Shastras.

The word kriya means 'activity' or 'movement' and refers to the activity or movement of consciousness. Kriya also refers to a type of practical or preliminary practice leading to total union, the final result of practice. Kriya Yoga does not curb mental fluctuations but purposely creates activity and awakening in consciousness. In this way all faculties are harmonized and flower into their fullest potential.

After practicing kriyas (including mudras and bandhas) meditation becomes natural and spontaneous.

Ultimately, you will experience inner peace and happiness.

You are the Ocean of Joy
You are the Ocean of Love
You are the Ocean of Compassion
Within you resides the infinite
Ocean of Peace



Swami Brahmavidyananda Saraswati from India, is a disciple of Param Pujya Gurudev Paramahansa Satyananda. After attaining masterful understanding of the ancient science of Yoga and its effects on the body, mind and spirit,

Swamiji has been serving for the last forty years as a guide to thousands of spiritual aspirants, health professionals and people of all walks of life who believe life can be lived joyously, healthfully, and peacefully, even in a world of strife and disunity. After conducting countless seminars and international Yoga Conventions throughout the world,

Swamiji is now settled in Miami, and has founded the Institute of Holistic Yoga Satyanada Ashram of which he is the Director. He currently maintains a tireless work schedule, regularly conducts classes at the Institute, and gives lectures at libraries, hospitals, universities, spiritual organizations and has also founded yoga ashrams and centers throughout the world.