



ವಹೇಕನವೆ ಲಿಲಾಫಣಿಂ ಪೊಲೆ ಕಾವೇಣೆ ಪಾಲ್

Friday July 15th, 6:00-8:30pm Tibetan Yoga

Enjoy the Tibetan approach to Yoga practice, integrating Tantric breathing techniques, concluding with yoga nidra (deep relaxation) guided mantra chanting and meditation.

Saturday, July 16th, 12:00-2:30pm Maha Sadhana

A complete Hatha-Raja yoga practice- Breath-based vinyasa, nidra and meditation.

Saturday, July 16th, 3:30-6:00pm Nada Yoga Nidra and Satsang

A complete yoga nidra relaxation guided through the vibrational bath of ancient purifying mantras with exposition of how mantra-based relaxation works.

Sunday July 17th, 8:30am-10:00am Pranayama and Prana Nidra

Diverse breathing techniques and prana nidra practice- an ancient way to reset and recharge the vital system quickly.

Sunday July 17th, 12:30-3:00pm Maha Sadhana

A complete Hatha-Raja Yoga Practice- breath-based vinyasa, nidra and meditation.

Sunday July 17th, 4:00pm-6:00pm Kriya Yoga Meditation and Satsang

Exposition and practice of the mystical kriya yoga meditation method.

Enroll online at www.dmyla.com or dharmayogala.com through schedule bliss email us at: dharmayogala@gmail.com ▶ Hosted by DMYLA/S Enchill Wellness at Light on Lotus- located at 12513 Venice Blvd., Los Angeles, CA 90066

