



*Spirituality*



*Yoga postures*



*Discussion*



*Meditation*

# The Art & Science of Raja Yoga

*A 16 class immersion offered twice each year*

**new series begin in Jan & Aug**

**Remain calm in the face of challenges**  
**Learn timeless techniques of self-mastery**  
**Deepen your understanding of yogic principles**

One of our most popular offerings is this 16-week immersion. Raja Yoga encompasses all the different types of Yoga, including meditation, devotional practices, dispassionate discrimination and wisdom, as well as the yoga postures (*asanas*) well-known in the West.

Raja Yoga offers a scientific approach to the spiritual life, with techniques for stilling the mind and expanding our awareness of spiritual realities. It offers techniques for self-mastery in every aspect of life, from calming turbulent emotions to awakening deep compassion and love for others. Ultimately, it is a well-explored pathway, walked by yogis and mystics, to union with God. The teachings of Raja Yoga are compatible with the core teachings of all the great world religions. Devoted members of other faiths are also an active part of Ananda. The flow of the class:

- 6 pm Guided gentle yoga and meditation
- 7:15 pm Vegetarian potluck dinner
- 7:45 pm Study and discussion
- 9 pm Guided practice in yogic techniques (*optional, 9-9:30 pm*)

**Cost: \$495 Register**

*Note: previous students may audit this class again, space permitting. Cost: \$50*

Includes these two books:

- *The Art and Science of Raja Yoga*, by Swami Kriyananda
- *How to Meditate*, by Jyotish Novak



*"It seems that all questions that life presents to us can be solved using these teachings. The course helped me look at habits I have built up over time that keep me stuck, and gave me tools to get free." —L. Williams*

*"Anyone on a spiritual journey needs the fantastic tools offered in this class. I am walking away with a more in-depth understanding, awareness, and feeling of joy and inner peace — everything I need to continue my path." —C. Wilkerson*



**Ananda Institute of Living Yoga™**

2171 El Camino \* Palo Alto \* [www.AnandaPaloAlto.org/Raja](http://www.AnandaPaloAlto.org/Raja) \* (650) 323-3363

# Raja & Hatha Yoga Intensive

## Where Yoga comes to life

Explore these 6 areas of study:

**Yoga Philosophy:** the purpose of life | the dream nature of the world | what is the soul? | karma: the law of life | the nature of good and evil | the doctrine of reincarnation | inner spiritual realities (the chakras, kundalini) | what happens when we die? | what is a guru? | the cycles of time (yugas) | how to achieve freedom from suffering | what is God? | the scriptures of Yoga: *Patanjali's Yoga Sutras*, *The Bhagavad Gita*

**Hatha Yoga:** yoga postures for health | preparation for deep meditation

**Pranayama:** how breath influences the mind, body, and energy | breathing techniques to reduce fatigue, depression, or lack of mental clarity | how to calm strong emotional states, including anger and fear

**Meditation:** clinical research on meditation | the purpose of meditation | techniques to quiet the restless mind | achieve deeper states of meditation | meditation as a spiritual practice | the benefit of devotion in deepening our meditation experience

**Healing:** yogic techniques for improved overall health | techniques to help improve conditions including: chronic pain, insomnia, high blood pressure, anxiety, weight problems, digestion, heart ailments, and stress | methods of healing others | healing at a distance | affirmation | prayer

**Healthful Food:** how food affects consciousness | what types of food are best for physical health? | are there foods that help, or hinder, our spiritual life? | recipes for healthful foods (share in a vegetarian potluck each week)

*Instructors: Shanti Rubenstone MD, Vivekadevi Noh-Kuhn, and many others*



*"The teachers individually and together are wonderful, experienced and caring people. They create a community where the energy is clear and high."*  
— S. M.



*"...a philosophy and way of being that far surpasses anything I've studied before."*  
— B. Gallup

*"This Raja yoga class series shares how to live in the world while continuing to stay centered, calm, and deepen our own personal relationship with God. Thank you, Ananda for all you do."*  
— Sharon F., property manager



Raja Yoga teachings come from ancient India, passed from teacher to disciple. Swami Kriyananda (right) is author of the main text we will be using, and the founder of Ananda. He received his training from Paramhansa Yogananda, author of the spiritual classic, *Autobiography of a Yogi*. Yogananda was guided by Babaji to share these teachings in the West. You may learn more at [www.AnandaPaloAlto.org](http://www.AnandaPaloAlto.org).



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