



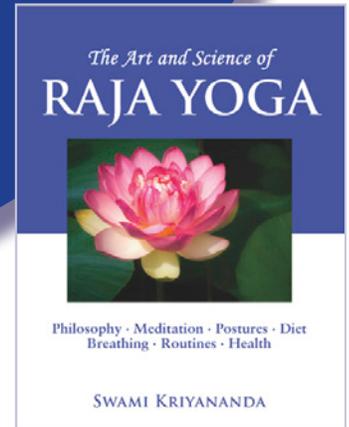
# The Art & Science of Raja Yoga

A 14 week immersion

Thursdays, 6-9 pm

Sept 7-Dec 14

plus 2 Saturdays, 10/14 & 11/11  
9 am-noon



*Spirituality*



*Yoga postures*



*Discussion*



*Meditation*

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

Energize your life! Immerse yourself in an experience of Raja Yoga: a comprehensive approach to life that develops personal character, calmness, physical well-being and an awareness of spiritual realities.

Explore the timeless wisdom of Yoga and how to apply it in your life, using practical techniques of meditation, yoga postures, affirmation and energy control. Together we will experience the power of breath to alleviate tension, discover the secrets of success and personal magnetism, and learn how to spiritualize all of life.

Based on the philosophy of the Eight-Fold Path taught by Patanjali in the *Yoga Sutras*, this course does not ask you to accept a dogma, nor are any affiliations with Ananda required or expected. Raja Yoga is for everyone!

### 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 practicum for yogic techniques (*optional*)

**Cost: \$445** Includes these two books:

- *The Art and Science of Raja Yoga*, by Swami Kriyananda (\$30)
- *How to Meditate*, by Jyotish Novak (\$15)

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

*"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 overall 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

*We'll 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 • techniques to reduce fatigue, depression, or lack of mental clarity • techniques to calm strong emotions

**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 role of the heart (devotion)

**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 (enjoy a vegetarian potluck each week)

*Instructors: Shanti Rubenstone MD, Rammurti Reed, Sita Reed, Heidi Noh-Kuhn, and a team of Ananda's best hatha yoga teachers*

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

— S. M.

*"I could keep coming to this class for years and never get tired of it. On a scale of 1-10, this is an 11!"*

— A. Trowbridge

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

— B. Gallup

*"This is a fun class with like-minded people. The content was excellent and made me want to learn more. Great teachers, great energy—and great food."*

— A. Manolov



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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