



yoga illumined

A SERIES OF WEEKEND YOGA INTENSIVES FOR THOSE WHO WISH TO TEACH AND EMBODY THE PRACTICES OF YOGA

In this Yoga Illumination Series, Sumukhi (Kristina Lanuza) will guide you into a deeper understanding of Yoga and its practices that enlighten and free the mind and the heart.

You will learn the 8-limb system (Ashtanga) as taught by Patanjali - which includes guidelines for strengthening the physical body (Asana/Hatha Yoga) and Meditation to help you embody the most expanded state of enlightenment (Samadhi). You will also learn how to speak from your true Voice in every aspect of your life and as a Yoga Teacher.

Sumukhi's teachings are deeply inspired by her Sat-Guru, Shri Brahmananda Sarasvati (Ramamurti S. Mishra, M.D) and by her many spiritual teachers. For more information on Sumukhi, visit www.yogafly.com.

The Yoga Illumination Series includes a series of 10 Weekend Intensives held at the Guru Graha, a home studio in the Bouldin Creek Neighborhood in Austin, Texas. Each Weekend will include Meditation, Hatha Yoga, Discussion and Yoga Teaching Practice. Students will be given Home Study GuideBooks to guide them in their practice privately and with others.



YOGA ILLUMINED SCHEDULE

January 29 & 30 2:00-5:00	Patanjali's 8-limbs of Yoga - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
February 26 & 27 2:00-5:00	Yoga Meditation - Build an "asana," a seat for meditation.
March 26 & 27 2:00-5:00	Sanskrit and the Language of Yoga - Learn the basics of Sanskrit, and its power to open up your Voice and speech.
April 23 & 24 2:00-5:00	Yoga Nidra, Pranayama and Pratyahara - Explore the Yoga of Relaxation, Sleep and surrender. We will also dive into the Pranas, "Vayus" (Airs) in the body and how to work with them on and off the Yoga mat.
May 28 & 29 2:00-5:00	The Yoga of Money - How to work with the energies of money, abundance and power.
June 25 & 26 2:00-5:00	The Yoga of Health: Ayurveda - Integrate one of the oldest schools of Medicine and its prescriptions for health into your daily life.
July 30 & 31 2:00-5:00	Kriya Yoga - Understand the "nature, methods and means of transformation of individual 'I-AM' into the universal 'I-AM.'" - Shri Brahmananda Sarasvati, translation of Chapter 2 of Patanjali's Yoga Sutras.
September 24 & 25 2:00-5:00	Siddha Yoga - Explore the supernatural powers of Yoga, Chapter 3 of Patanjali's Yoga Sutras
October 29 & 30 2:00-5:00	Kaivalyam - "Self-analysis, Self-knowledge, Enlightenment and the Path of 'I-AM,'" Chapter 4 of Patanjali's Yoga Sutras
November 19 & 20 2:00-5:00	The Yoga of Voice - Hone your speaking, singing and silent Voice of the Witness.

Each Yoga Illumination Weekend is \$300. Sign-up for all ten for \$2700 and receive a Yoga Teaching Certificate of Completion. Home Study GuideBooks are included in the course fees. Credit cards and checks accepted. Call Sumukhi at 917-446-0936 for more information or e-mail yoga-fly@yahoo.com.

Bring a yoga mat, props, meditation cushion to each weekend.

Required texts (not included in course fees)

- 1) The Yoga Sutras of Patanjali translated by Shri Brahmananda Sarasvati
- 2) The Textbook of Yoga Psychology by Shri Brahmananda Sarasvati
- 3) Fundamentals of Yoga by Shri Brahmananda Sarasvati
- 4) Light on Yoga by B.K.S. Iyengar.