

PLEASE JOIN US IN THE NEW YEAR...

FOR THE FOLLOWING EXTRAORDINARY UPCOMING MONTHLY IMMERSION TOPICS

WITH HARI KAPOOR



Studied under the lineage of Swami Sivananda & Swami Vishnu-Devananda at the Sivananda Ashram, Kerala India. At the completion of his studies, Hari remained at the Ashram as a teacher for 5 additional years. His goal is to open his students to their own powers of healing and balance, and to integrate yoga into their everyday life. Asanas, proper breathing, proper diet, proper relaxation, and meditation are taught to brighten self awareness and introspective movement.

Immersion Topics:

1. Kriya Workshop (Yogic Cleansing Techniques)

Demonstration of Kriyas Techniques, theory and practice of Kriyas.

Saturday, January 22nd from 1:00pm – 3:00pm

Cost: \$50 Prepay, \$60 at the Door

2. The Art of Breathing

Yogic exercises for improving breathing, understanding the mechanics of breathing and the relationship between breath, energy and the mind.

Saturday, February 19th from 1:00pm – 3:00pm

Cost: \$50 Prepay, \$60 at the Door

3. The Gift of Forgiveness

How to make peace with the past, compassion in practice and forgiveness as an antidote for anger.

Saturday, March 19th from 1:00pm – 3:00pm:

Cost: \$50 Prepay, \$60 at the Door

Please see [website www.radyoga.com](http://www.radyoga.com) for the complete list of Immersion Topics thru August.

Extraordinary Upcoming Monthly Immersion Topics with Hari Kapoor

Immersion Topics - 2011

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Saturday, March 19th from 1:00pm – 3:00pm
Cost: \$50 Prepay, \$60 at the Door
- 4a. **Overcoming Negative Emotions: Techniques for harmonizing, sublimating and transforming negative emotions.**
Workshop 1 - How to Overcome Fear
Causes and effects of fear, reducing fear through Yoga and developing courage and trust.
Saturday, April 23rd from 1:00pm – 3:00pm
- 4b. **Workshop 2 - Conquest of Anger:**
Understanding anger and its causes, psychology and physiological effects of anger and practical methods for eradicating anger.
Saturday, April 30th from 1:00pm – 3:00pm
Total Cost: \$100 Prepay, \$110 at the Door
- 5a. **Yoga Health and Vitality: Yoga techniques - How to Increase Your Energy.**
Please bring comfortable clothing, notebook and pen.
Workshop 1 - Yoga Health and Vitality Part 1
Prana - its nature and functions, purifying the 5 Koshas (sheaths), Yogic techniques for increased energy
Saturday, May 28th from 1:00pm – 3:00pm
- 5b. **Workshop 2 - Yoga Health and Vitality Part 2**
The power of auto-suggestion, the three levels of relaxation and the healing power of deep relaxation.
Sunday, May 29th from 1:00pm – 3:00pm
Total Cost: \$100 Prepay, \$110 at the Door
- 6a. **BACK IN SHAPE – Yoga for the Back:** Yoga techniques for insuring the health and protection of the back.
Please bring your yoga mat and comfortable clothing.
Workshop 1 • Muscle length
Muscle strength, anatomy of the spine, Yoga postures and their effects.
Saturday, June 18th from 1:00pm – 3:00pm
- 6b. **Workshop 2 • Plumb line - Improving Posture**
Proper breathing in the yoga postures Lordosis and Kyphosis.
Sunday, June 19th from 1:00pm – 3:00pm
Total Cost: \$100 Prepay, \$110 at the Door
7. **Cool Head, Balanced Mind**
How to deal with negative emotions, letting go of the past and the power of visualization.
Please bring your yoga mat and comfortable clothing
Saturday, June 25^h from 1:00pm – 3:00pm
Cost: \$50 Prepay, \$60 at the Door
8. **Sun Salutation**
Detailed review and practice of Sun Salutation, spiritual meaning of Surya Namaskar, physical, mental and spiritual benefits.
Please bring your yoga mat and comfortable clothing.
Saturday, July 23rd from 1:00pm – 3:00pm
Cost: \$50 Prepay, \$60 at the Door
9. **Prana, Chakras and Astral Body**
Study of Nadis and Chakras, the Astral plane and its phenomena, the passage called death.
Saturday, August 20th from 1:00pm – 3:00pm
Cost: \$50 Prepay, \$60 at the Door

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