

Yogi Caru

(pronounced "Charu") has been practicing yoga for the last 17 years. Trained in the Himalayas in traditional kriya, yoga and tantra. He is an initiated disciple of Swami Anandkapila Saraswati a direct disciple of Swami Satyananda Saraswati. He has travelled extensively all over the world teaching workshops of rare yogic practices.



**You have an opportunity
to spend one day learning with a young master**

Workshop with Yogi Caru

Friday, April 23rd 9am-5pm

(break for lunch 12-2)

At The *Be Moved Studio* in Lawrence, KS

\$125 - please send check by April 12th to: Gopi Sandal, 1204 N. 200, Baldwin KS 66006

Each 3 hour session with Caru will contain:

Asana - Yogic postures which channel energy, open chakras (psychic centers), and remove energy blocks. They help to increase one's flexibility with constant practice. They enable us to sit still and steady for meditation.

Pranayama - Yogic techniques of breathing and breath retention which help to regulate the life force.

Bandhas - Yogic locks or internal flexions which control and exercise the involuntary organs that are connected to the nervous system.

Mudras - Yogic gestures for activating glandular functioning and the dormant psychic power centers (chakras). They aid us in getting closer to the inner consciousness.

Meditation -

"Yoga Nidra" (Psychic sleeping) will be our meditation during the 1st half of the day. Yoga Nidra is the art of conscious relaxation. It is a powerful practice which liberates the body and mind from their tensions and anxiety. One will learn how to put the body into sleep while the mind remains fully awake, allowing the brain waves to drop into the theta state. In this consciousness, deep levels of healing take place on the emotional, mental, and physical planes.

"Chidakasha Vidya" (Knowledge of the Consciousness Space). will be our meditation for the 2nd half of the day. Chidakasha Vidya is a practice to make the consciousness pure in its entirety. It makes the senses more refined. Chidakasha is the personification of mysticism.

One penetrates the space element of our being and develops a transcendental vision, with constant practice.

For more information contact Gopi at 785-979-1639 / gopisandal@hotmail.com