

YOUR LOGO  
HERE

# YOGA PHILOSOPHY & MEDITATION STUDY

with guest Instructor, Melissa Kleehammer

MAY 14, 21, 28  
2-4 PM

Uncover the history of yoga and yoga philosophy, the creation of Hatha Yoga, why and how to meditate, and the yogic paths that lead us to what we all ultimately seek - enlightenment.

## From this study, you will learn:

Why there is suffering and how to change that for yourself

New meditation techniques that work for YOU

Where yoga comes from and how it has changed over time

New forms of Yoga - Bhakti (Devotion), Karma (Service), Jnana (Knowledge)

## From this study, you will feel:

A deeper connection to your physical yoga practice

Inspired to grow your spiritual practice

A stronger relationship w/yourself and others in your life

Contentment and purpose for your life



## STUDY SERIES BREAKDOWN:

**Saturday, May 14th**

Overview of history, yogic principles & meditation practice.

**Saturday, May 21st**

Discussion, meditation & journaling on the 1st limb of Raja Yoga - Yamas (restraints).

**Saturday, May 28th**

Discussion, meditation & journaling on 2nd limb - Niyamas (observances) & Dharma.

"This workshop was a good mix of learning, journaling, personal stories, and a great open, non-judgmental atmosphere. Years ago, I would never have imagined myself sharing my personal (self-perceived) failings to someone, anyone, not even myself." ~ Annette C.

3-week series -- 6 hours - \$75 pre-register / \$90 after  
-OR-

Retreat style -- 4 hours - \$55 pre-register / \$70 after

Register at [www.yourwebsite.com](http://www.yourwebsite.com)

Melissa fills her classes with alignment cues, anatomy tips, yoga philosophy & meditation techniques to help you to deepen your relationship with your Divine & your higher Self.